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# MAY 11, 2010 | A PUBLICATION OF Che Washington Post

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Stuart Graves, DDS, MS • Debora Armellini, DDS, MS, FACP • Amir Naimi, DDS, MS

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### ClearChoice: America's Leader in Implant Dentistry When Others Can't, ClearChoice Can.

The ClearChoice Experience: Doctor Specialists, Leading Edge Technology, One-Day Treatment, Warranty, and Financing Solutions ... all in JUST ONE DAY!\*

Your smile is the gateway to a better life. But if you are one of the millions of people suffering with missing teeth, failing teeth or dentures, smiling is the last thing you want to do. Now is the time to stop hiding! No matter how young or old you are it's never too late to change your life. No matter what problems or adversities you've had to face ... a brand new smile can unlock doors leading to opportunities and freedom.



When Savannah was growing up she never dreamed the story of her life would end up sounding like something out of a horrible novel. But at a very young age she was abused and forced to live on the streets. Methamphetamines and drugs became her way of life. Fortunately, Savannah managed to turn her life around. She got off the streets, she fought her addictions and she made it her mission to help homeless teenagers. But, what she thought was a new life was still missing an essential ingredient. The drugs had destroyed her teeth and took an emotional toll on her. Every time she opened her mouth it reminded her of her past. Savannah was too young to live her life with terminal teeth and no smile. Savannah discovered ClearChoice Dental Implant Centers where she got a new set of teeth, that are fixed in place and can last a lifetime, and a beautiful new smile. Her transformation was dramatic...and happened in just ONE Day!\*

#### At ClearChoice you get a team of dental specialists dedicated to each patient.

The Prosthodontists are the experienced aesthetic and reconstructive artists and architects of a new smile. They create customized replacement teeth that bring life back to a patient's face. Just look at Savannah's before and after pictures. Look at her eyes, her smile lines around her mouth, her cheeks, the color and style of her teeth. These changes are all part of the design process you get at ClearChoice by the Prosthodontic Specialist. The Prosthodontist has several years of additional training in designing the replacement teeth and her new smile. The other doctor specialist is the Oral Surgeon. Dental Implants are a surgical process. At ClearChoice your procedure is performed by Oral Surgeons who are also trained in anesthesia. These are doctor specialists who every day do surgical procedures on the jaw. This is the skill level you want.



Mark LaBelle came to ClearChoice looking for answers. The war hero served in Afghanistan right after 9-11. He spent his days sleeping in caves, seeking out insurgents. The combat sergeant did not have time to care for his teeth. He came home from overseas in a great deal of pain. He could only eat soft foods and more importantly he refused to let anyone see his terrible teeth. As a recluse, never leaving home, Mark needed a change and needed it fast. He too had his entire life ahead of him and knew he couldn't live that way. "I needed a solution right away," Mark said. I went to ClearChoice at 7am and left at 4pm with new teeth. They solved my problem in just one day. It was a God send.

Look at Mark's before and after pictures. Before, he couldn't meet people, he couldn't apply for a job, and he had no social life. He was living a miserable

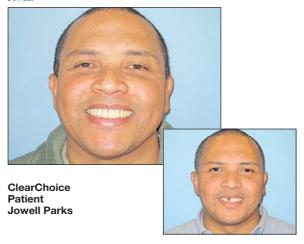
Since his procedure, Mark is now in college and making new friends.

#### Implants and beautiful new teeth ... all in one day!\*

What was nearly impossible just a short time ago. ClearChoice now makes happen every day in every Center across the country!

You, too, can receive beautiful new teeth in just one day like Savannah and Mark! Advances in implant technology and new protocols allow ClearChoice experienced Oral Surgeons and Prosthodontists to provide dental implant surgery without bone grafts and to replace failing or missing teeth with customized, hand-crafted replacements. ClearChoice is the number one provider of Dental Implant treatment in America.

Jowell Parks needed one single implant in a crucial, highly visible spot ... his front tooth. Jowell had researched his options with conventional dentists and was told he'd need what's called a flipper or some sort of bridge. Jowell was so unhappy with the dental appliance that he came to ClearChoice. "I couldn't live that way anymore, living in fear that my fake tooth would pop out," said



ClearChoice is also America's leader in single and multiple implants. After the procedure, none of his friends could tell which tooth was the replacement tooth.

#### At ClearChoice you get a warranty.

ClearChoice Dental Implant Centers stand behind their work. Your doctors have placed hundreds of thousands of implants, so you can feel secure that the investment in your smile is protected. ClearChoice will fix any problems you may have at any ClearChoice Center nationwide.

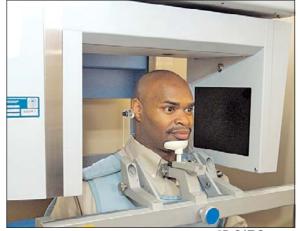
#### Financing option.

We know you are concerned with the cost. When you come in for your FREE consultation, you will also get the opportunity to meet one-on-one with a ClearChoice Patient Education Counselor. The Counselor will provide you with information about financing plans. Since most ClearChoice patients finance their procedures, we can help you find a plan to fit your budget

#### All-in-one treatment centers

Patients receive complete, fast, and convenient treatment all in one location. Each ClearChoice Dental Implant Center is a multimillion dollar facility with an experienced team of dental professionals, 3D CAT Scanning technology, and a specialized On-site Dental Implant Lab. ClearChoice brings the very best in care and 21st Century dentistry, all under one roof.

ClearChoice is one of the select few dental implant centers in the world to use 3D CAT Scans for diagnosis and treatment planning. Only taking approximately 20 seconds, the scan supports a higher level of patient care. 3D CAT Scans allow a detailed look at existing teeth, bone, nerves, and tissue.



3D CAT Scan

The 3D CAT Scan is a machine costing hundreds of thousands of dollars and provides three-dimensional and cross-sectional views that allow our surgical and restorative team to:

- · Examine the quality and density of the bone that will anchor the dental
- Determine the precise placement of implants
- Select the correct type and size of the implants
- · Avoid the nerves and sinuses

In addition to the thousands of procedures to replace single, multiple and failing teeth, ClearChoice Dental Implant Centers offer Nobel Biocare Immediate Function Procedures, including the All-on-4 Procedure, an advanced alternative to traditional dentures. Immediate Function<sup>TM</sup> Procedures allow most patients to receive their implants and beautiful new teeth all in the same day.\* After an initial consultation, the All-on-4 Procedure can replace a full arch of teeth in one day, using only four implants and without bone grafts. That

ClearChoice On-site Dental Implant Labs allow Master Lab Technicians to customize replacement teeth for patients in just one day.

The ClearChoice On-site Dental Implant Lab provides state-of-the-art technology and artful, expert craftsmanship that is needed to ensure the best possible replacement teeth available.

Our Prosthodontists recommend the best materials for replacement teeth based on the needs and lifestyle of each patient. Teeth can be made from either a highgrade acrylic resin or porcelain.

#### **Experienced specialists**

ClearChoice Oral and Maxillofacial Surgeons are specialists that treat the anatomical area of the mouth, jaws, face and skull, as well as associated structures. They are trained for extractions, dental implantation, and other surgical techniques. They are trained in anesthesia and provide IV sedation for your comfort.

Prosthodontists are experienced specialists in restorative dentistry who specialize in prosthodontics, the art and science of implantation, aesthetic and reconstructive dentistry, including dental implants.

ClearChoice Master Lab Technicians are craftsmen and women with artistic skills to create perfect, natural smiles. Each ClearChoice Dental Implant Center has an On-site Dental Implant Lab where Master Lab Technicians work with the impressions of patient's teeth and gums to custom fit and adjust each dental implant.

ClearChoice Patient Education Consultants record patient's medical and dental history and take panoramic X-rays and 3D CAT Scans. As patient advocates, they provide technical, educational, and emotional support and answer any clinical or financial questions a patient might have.

#### **High-quality results**

When it comes to quality doctors, you want the very best. At ClearChoice we've done the homework for you. ClearChoice doctors are part of a National Panel of specialists highly esteemed in their fields and regarded by their peers. Many of the Doctor Specialists at ClearChoice have written books and conducted research on implant dentistry. Their 21st Century techniques represent the leading edge advancements found at all ClearChoice Centers nationwide. Our doctor specialists do more implant dentistry in one month than most conventional dentists do in an entire year. It's the skill level you want and expect when considering this type of surgical procedure.

Dental implants have become the treatment of choice for replacement of missing teeth, and ClearChoice Dental Implant Centers have become the leader in dental implant treatment delivery.

So, if you are suffering with missing or failing teeth, you need to schedule a **FREE** consultation with CAT Scan today!



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\*Nobel Biocare Immediate Function™ Procedures available for qualified patients after initial workup. Results may vary. +Limited services available at satellite office. © 2010 ClearChoice Dental Implant Centers

# **EU BAILOUT PLAN PUSHES DOW TO BEST DAY IN A YEA**

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### Tuesday



**LONDON SHOCKER** 

**U.K.'s Brown will** step down to keep his party in power 6

#### **OUT OF COMMISSION**

**Tiger Woods says** he's unsure when he'll play golf again 13

**TEEN ANGST** MTV's beloved misanthrope Daria has returned









EYE OPENERS

#### City Redefines 'Taking Stuff That's Free' as Theft

Edina, Minn. — hit by both thefts of city-provided dog poop bags and the recession — has stopped providing the free bags in the city's parks. Director of Parks and Recreation John Keprios says park workers would fill dispensers in the morning and find them empty by noon. Keprios says, "People walk up and take them until they're gone." He says it was "not just one isolated incident. It's everywhere and often." (AP)

#### "It's not every day you see a giant cartoon dog go on the rampage after trying to break into a prison."

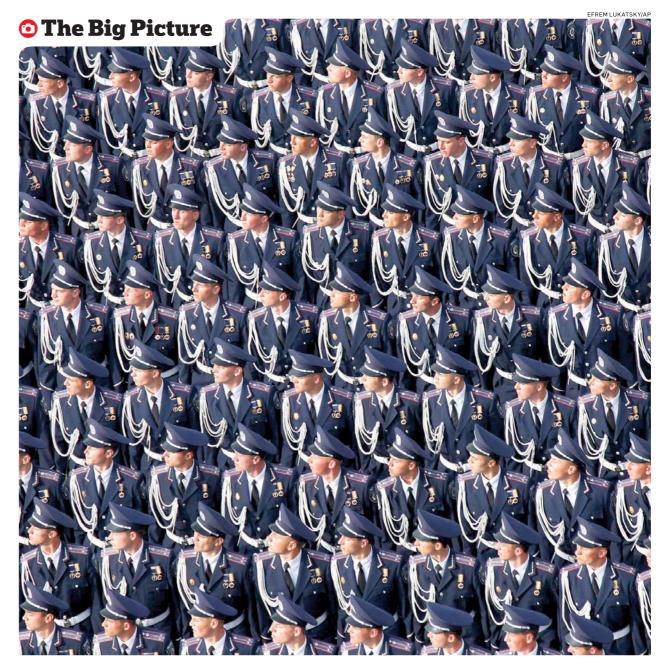
— **A SOURCE** AT A PRISON ON THE ISLE OF WIGHT, ENGLAND, WHERE A MAN DRESSED AS SNOOPY AND CARRYING A WATER PISTOL TRIED TO BREAK A RELATIVE OUT OF JAIL.

#### New Curbside Extinguishing Service Ideal For Commuters



When smoke started to billow

from under the hood of Craig Brown's pickup in McMinnville, Ore., he just drove a few blocks to the fire station. A firefighter who'd been outside Friday morning washing an ambulance rushed to get help. Firefighters opened the hood and found flames around the engine. Fire Marshal Eric McMullen said the crew was happy to be able to help without leaving the station. (AP)



**UKRAINIAN POLICE OFFICERS** march in formation in Kiev on Sunday to commemorate the 65th anniversary of Russia's 1945 defeat of Nazi Germany, known as Victory Day. Russia and the former Soviet republics also celebrated on May 9 with parades and various patriotic events. (EXPRESS)

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# Nation

# **Insurance Hikes May Be Coming**

#### Washington

Letting young adults stay on their parents' health insurance until they turn 26 will nudge premiums nearly 1 percent higher for employ-

The number of

young adults, in millions, who are expected to rejoin their parents' health insurance.

•••••

Monday. The coverage requirement, effective starting later this year, is one of the most antici-

pated early ben-

efits of President

er plans, the gov-

ernment said in an

estimate released

Obama's new health care law. Many insurers have already started offering extended coverage to families who purchase their coverage directly.

The Health and Human Services Department released estimates of the costs and benefits of the requirement as part of a regulation directing employers and insurers how to carry it out.

The new benefit will cost \$3,380 for each dependent, raising premiums by 0.7 percent in 2011 for employer plans, according to the department's mid-range estimate. RICARDO ALONSO-ZALDIVAR (AP)

# **BP Sprays Oil Dispersant in Gulf**

Crews try to thin out oil as leaks continue to rage underwater

#### **Gulf of Mexico**

A remote-controlled submarine shot a chemical dispersant into the maw of a massive undersea oil leak Monday, providing further evidence that authorities expect the gusher to keep erupting into the Gulf of Mexico for weeks or more.

Crews using the deep-sea robot attempted to thin the oil — which is rushing up from the seabed at a pace of about 210,000 gallons per day — after getting approval from the Environmental Protection Agency, BP PLC officials said.

Two previous tests of the dispersant were done to determine the potential impact on the environment, and the third round of spraying began early Monday and will last 24 hours.

The EPA said in a statement the effects of the chemicals were still widely unknown.

BP engineers, casting about after an ice buildup thwarted their



An oil-soaked bird struggles against the side of a supply vessel in the Gulf of Mexico.

plan to siphon off most of the leak using a 100-ton containment box, pushed ahead with other potential short-term solutions, including using a smaller box and injecting the leak with junk to plug it. Chief Operating Officer Doug Suttles said they hope to have the smaller containment device in place by the end of the week.

However, none of these attempts

has been tried so deep — about a mile down. Workers were simultaneously drilling a relief well, the solution considered most permanent, but that was to take up to three months.

Back on land, National Guard helicopters ferried loads of 1-ton sandbags to plug gaps in barrier islands that have been lapped at by a sheen of oil. The effort to bol-

#### The Blame Game

Early finger-pointing began Monday among companies involved in the oil rig explosion on the eve of the first congressional hearings into the accident. A top American executive for BP, Lamar McKay, said a critical safety device known as a blowout preventer failed catastrophically. Separately, the owner of the rig off Louisiana's coast said that BP managed it and was responsible for all work conducted at the site. A third company defended work that it performed on the well as "accepted industry practice." (AP)

ster the islands was meant to safeguard vulnerable wetlands.

Authorities also planned to use south Louisiana's system of locks and levees to release water to help keep the worst of the oil at sea.

BP said Monday the spill has cost it \$350 million so far. The company did not speculate on what the final bill for the cleanup might be. Many analysts expect the spill to cost the company tens of billions of dollars. (AP)



TECHNOLOGY

Twitter says it has fixed a glitch that has allowed users to seem more popular by making it appear that celebrities were following their posts. The flaw allowed some Twitter users to game the popularity contest by allowing them to add anyone else as a follower of their tweets. Normally, the other person has to initiate the "following" action. It's unclear how long the flaw existed on the service and how many people took advantage of it. (AP)

# **Spring Allergies?**

#### Spring Has Sprung.

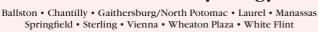
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The European Union's plan to help Greece seemed to ease market fears on Monday.

# **EU's Bailout Plan Buoys Wall Street**

Stocks climb after aggressive actions in Greek debt crisis

#### **New York**

Stocks rocketed to their biggest gain in a year and bond prices fell Monday after a nearly \$1 trillion plan to contain Europe's debt crisis reassured investors.

The Dow Jones industrial average rose about 405 points to its biggest advance since March 2009. Broader U.S. indexes outpaced the Dow's 3.9 percent rise. Gains in several European markets topped 9 percent.

The European Union and the International Monetary Fund agreed to create a nearly \$1 trillion rescue fund to support European nations burdened by heavy debt. The scope of the plan was greater than many analysts had expected and eased fears that leaders wouldn't be able to suppress the crisis.

"The market is breathing a huge sigh of relief that the EU has taken aggressive steps," said Alan Gayle, senior investment strategist at RidgeWorth Investments in Richmond, Va.

Investors drew reassurance after the Federal Reserve and other central banks stepped up with financial support to corral what analysts warned was a growing financial crisis.

Markets around the world plummeted last week after fears grew that Greece's debt problems would spread to other struggling European economies such as Spain, Portugal and Italy.

The Dow slid 5.7 percent last week in its worst drop since the depths of the financial crisis in October 2008. On Thursday alone, the Dow was down nearly 1,000 points late in the day before recovering much of its losses. (AP)



#### Federal regulators RECALLS

announced another recall

of children's jewelry with high levels of the toxic metal cadmium Monday, pulling back 19,000 "Best Friends" charm bracelet sets. A spokesman for the Consumer Product Safety Commission said inspectors are now screening jewelry for cadmium — typically imported from China — at major U.S. ports. (AP)

# **Nation**

ESCAPES



Workers at the Jacksonville Zoo and Gardens in Florida spent about five hours Thursday trying to get a 4,000-pound rhinoceros back into his cage. About 20 workers corralled the rhinoceros into an elephant compound and sedated him after a long struggle. It appeared the animal was on the lam because someone did not secure the gate the night before. (AP)

# White House, Karzai Look to Mend Fences

Afghanistan leader in D.C. for talks on future of war effort

#### Washington

The Obama administration sought Monday to smooth over past differences with Afghan President Hamid Karzai, who arrived in Washington on a four-day mission to convince Americans that his country is not a lost cause.

Karl Eikenberry, the U.S. ambassador to Afghanistan, acknowledged that relations with Karzai have been shaky at times.

"But what measures true partnership is the ability, when the



 $Afghan\,President\,Hamid\,Karzai, left, arrives\,at\,Bagram\,Air\,Field\,in\,Afghan istan.$ 

stakes are as high as they are for Afghanistan and the United States of America, to be able to work our way through difficulties and come back together," Eikenberry said. Karzai and a delegation of Cabinet ministers arrived for the Karzai government's widest engagement with U.S. leaders since his re-election in a flawed vote last year.

From the U.S. perspective, the week's events are intended to show respect for Karzai, who seems destined to preside over Kabul's reconciliation with the Taliban and the withdrawal of U.S.-led forces.

There is no formal state dinner planned for Karzai, but a dinner hosted by Vice President Joe Biden is intended as a fence-mender. Biden was incensed when Karzai said last month that if foreign interference in his government continued, the Taliban would become a legitimate resistance force — one he might even join. ANNE GEARAN (AP)



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## World



Sen. Benigno Aquino III, left front, votes in Tarlac, Philippines, on Monday.

# Aquino Leads Philippine Vote

Manila, Philippines

The son of Philippine democracy icons took an early, commanding lead in presidential polls on a promise to begin prosecuting corrupt officials within weeks to restore credibility to the country's graft-ridden government agencies.

Despite computerized counting machine glitches and violence that claimed at least nine lives, election officials hailed the vote as a success in a country where poll fraud allegations have marred previous contests

Sen. Benigno Aquino III — whose father was assassinated while opposing a dictatorship and whose mother led the "people power" revolt that restored freedoms — was leading the nine-candidate race with 40.58 percent of the votes from about 57 percent of the precincts, while his closest rival, ousted president Joseph Estrada, had 25.72 percent. (AP)

# Iraq Suffers Deadliest Day of '10

Attacks kill at least 99; al-Qaeda blamed for blasts in Baghdad

#### **Baghdad**

A suicide bomber blew himself up outside a textile factory Monday in a crowd that gathered after two car bombings at the same spot in the worst of a series of attacks killing nearly 100 across Iraq, the deadliest day this year.

The government blamed al-Qaeda in Iraq for violence in Baghdad, saying the terror group is stepping up its attacks now to exploit political instability. More than two months after the March 7 elections, it is not clear who will control the next Iraqi government.

In the latest in a series of attacks that killed 99 people, three bombs hit the southern Shiite port city of Basra in the evening. At least one exploded in a marketplace, killing at least 15 people, police officials said.

The violence began in the capital, where at least 10 people were killed in what appeared to be coordinated attacks against police and



A man walks through the site of a bombing in Basra, Iraq. Attacks killed 99 people, making Monday Iraq's deadliest day this year.

army checkpoints. Both Shiites and Sunnis were targeted.

The most deadly incident was a bombing in the Shiite city of Hillah, the capital of Babil province 60 miles south of Baghdad. A bomber with explosives strapped to his belt blew himself up among a crowd trying to help victims of two car bombs that went off outside a textile factory, said Babil provincial police spokesman Maj. Muthana Khalid.

At least 45 people were killed and 140 were wounded in the triple blasts, Khalid and al-Hillah hospital director Zuhair al Khafaji said. "Terrified people were running in different directions," said Jassim Znad Abid, a taxi driver who witnessed the blasts. "I saw dead people, some burned and crying, wounded people on the ground that was covered with pools of blood."

SAAD ABDUL-KADIR (AP)



WARNINGS

Far too many of the world's plants and animals — and the wild places that support them — are at risk of collapse, a U.N. report has found, despite a global goal set in 2002 for major improvement by

this year. Frogs and other amphibians are most at risk of extinction, coral reefs are the species deteriorating most rapidly, and the survival of nearly a quarter of all plant species is threatened, the U.N. Convention on Biological Diversity said Monday. (AP)

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# **Brown Offers to Resign**

**British PM sacrifices** job as his party seeks alliance with rivals

#### London

British Prime Minister Gordon Brown made a dramatic bid to keep his beleaguered Labour Party in power after it was punished in elections last week, announcing Monday he will resign by September at the latest even if the Liberal Democrats — being wooed by the Conservatives — decide to join his party in government.

The political theater, played out in front of the iconic black door of No. 10 Downing Street, comes as David Cameron's Conservatives - who won the most seats in Parliament but fell short of a majority — struggled in their attempts to win over the third-place Liberal Democrats.

Brown's party has been willing to entertain supporting the Liberal Democrats' demand for an overhaul of the voting system toward proportional representation, which would greatly increase that party's future seat tallies. But the evening brought a further twist with a counteroffer from the Conservatives a referendum on a less dramatic type of electoral reform.



Gordon Brown announces Monday he will resign, outside London's No. 10 Downing St.

#### "I have no desire to stay in my position longer than is needed to ensure the path to economic growth is ensured."

- GORDON BROWN, BRITISH PRIME MINISTER, ON MONDAY

While uncertainty prevails, to the displeasure of the markets, one thing appears certain: The career of Brown — the treasury chief who waited a decade in the wings for his chance to become prime minister — is winding to an end.

Brown, looking statesmanlike but resigned to political reality, accepted blame for Labour's loss of 91 seats in last week's election and its failure to win a parliamentary majority.

No other party won outright either, resulting in the first "hung Parliament" since 1974 and triggering a frantic scramble between Brown's Labour and the main opposition Conservatives to broker a coalition — or at least an informal partnership — with the Liberal Democrats.

"As leader of my party, I must accept that that is a judgment on me," Brown said. david stringer and PAISLEY DODDS (AP)

# **Briton Fined for Sending Threat Through Twitter**

#### London

A British man who said on Twitter that he would blow up an airport if his flight was delayed by snow was convicted Monday of sending a threatening message and made to pay \$1,500.

Paul Chambers, 26, insisted his

post was a joke. But a judge at Doncaster Magistrates' Court found him guilty of sending an offensive, indecent, obscene or menacing message over a public telecommunications network.

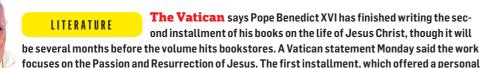
District Judge Jonathan Bennett said the message "was of a menacing nature in the context of the

meditation on the life and teachings of Jesus, went on sale in 2007 and became a best-seller. (AP)

times in which we live."

Chambers was arrested in January after he posted the message saying he would blow up Robin Hood Airport near Doncaster.

"It did not cross my mind that Robin Hood would ever look at Twitter or take it seriously, because it was innocuous hyperbole," he said. (AP)



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## World

# Iran: U.S. Hikers' Moms May Visit

#### **Tehran**

Iran will allow the mothers of three Americans arrested along the Iraqi border in July to visit them in a Tehran prison, the foreign minister announced Monday, saying the decision was made on humanitarian grounds.

The case of the three Americans — Shane Bauer, Sarah Shourd and Josh Fattal — has exacerbated tensions between the two countries that were already high due to the standoff over Iran's nuclear program.

Swiss diplomats who visited the Americans on April 22 reported that two of them were in poor health, their families said. (AP)

#### **Harvest Season**



**ULTRA-ORTHODOX JEWISH** men and children harvest wheat in Mevo Horon, Israel, ahead of the Jewish holiday of Shavuot, which begins next Tuesday. The harvest holiday commemorates Moses' receiving the Ten Commandments.

### **U.S. Envoy Chides Myanmar Plans**

#### Yangon, Myanmar

A top U.S. official visiting Myanmar warned Monday that its military regime should abide by U.N. sanctions that prohibit buying arms from North Korea, and also said the junta's election plans lack legitimacy.

Kurt Campbell, assistant secretary of state for East Asia, read a statement to the press as he prepared to leave Myanmar after holding nearly two hours of closed-door talks with detained opposition leader Aung San Suu Kyi, whose party was disbanded last week as a result of its refusal to register for the polls, slated for sometime this year.

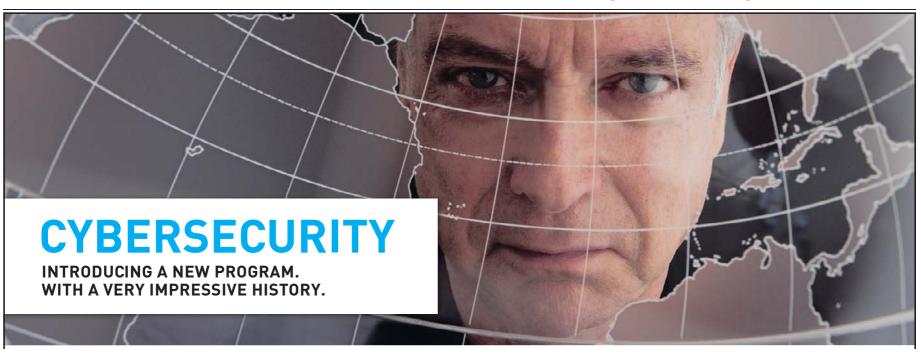
He did not reveal details of their talks but praised her nonviolent



Aung San Suu Kyi, center, talks with Kurt Campbell, right, in Yangon, Myanmar.

struggle for democracy.

"She has demonstrated compassion and tolerance for her captors in the face of repeated indignities," he said. "It is simply tragic that Burma's [Myanmar's] generals have rebuffed her countless appeals to work together to find a peaceable solution for a more prosperous future." (AP)



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# **Cover Story**

# Obama's Elusive Target

Elena Kagan's record doesn't provide much fodder for the court battle to come

#### Washington

By nominating his administration's chief legal advocate to fill a Supreme Court vacancy, President Obama triggered a hailstorm of conservative accusations that he is seeking an automatic vote in favor of his legislative agenda.

On the other side of the ideological spectrum, meanwhile, the question about Solicitor General Elena Kagan was whether she will be a reliable counterweight to the court's conservative majority.

While Supreme Court nominations rev up each party's political base and the fundraising machinery of interest groups, only the rare one becomes a titanic ideological battle that carries much resonance with the electorate at large.

This is not likely to be one of

At least so far, observers on both sides of the aisle say they expect Kagan to be confirmed by the Senate, in part because in selecting someone who would be the first in nearly four decades to come to the job with no experience as a judge, Obama has provided his adversaries with little by way of ammunition.

But this being Washington, and this being an election year, there will be a fight. And the solicitor general's lack of a judicial experience record and an easily categorized philosophical identity have already become points of contention in themselves.



President Obama and Vice President Biden introduce Elena Kagan as a Supreme Court nominee on Monday at the White House.

#### **The Court's Current Makeup**



That is because, in addition to the hot-button issues that confront any Supreme Court nominee, there is a political context: Kagan, if confirmed, would join the court at a moment when it likely will be considering challenges to some of the most important initiatives of the Obama presidency, including health care, financial regulation reform, and its policies on the economy and national security.

"Obama wants to pack the court with reliable liberal votes to rubberstamp an agenda that he knows the American people would not accept," said Carrie Severino, chief counsel and policy director to the Judicial Crisis Network.

Liberals, meanwhile, have at

2005

Legal Career

#### "She did not do particularly well on her first-semester examinations. God forbid she got a B."

— A FRIEND OF ELENA KAGAN'S, RECALLING HOW THE SUPREME COURT NOMINEE STRUGGLED AT FIRST IN LAW SCHOOL BUT WENT ON TO GET STRAIGHT A'S. CHECK OUT THE FULL PROFILE OF KAGAN AT WASHINGTONPOST.COM.

times been at odds with Kagan's stances as solicitor general, especially in cases in which the Obama administration has taken an expansive view of executive power.

Kagan is roundly lauded as bright and accomplished, having been the first female dean of Harvard Law School, but her scholarly writing has been limited. Most of the records of her work for the Clinton White House are not available for public scrutiny.

The most controversial aspect of her record is likely to be her decision at Harvard to briefly bar military recruiters from a campus facility because of the "don't ask, don't tell" policy that prevents gays from openly serving.

One thing Kagan had going for her is the fact that she has already been confirmed once by the Senate, which approved her nomination as solicitor general 61-31. But some of those votes may shift now that she is up for a lifetime appointment. KAREN TUMULTY (THE WASHINGTON POST)

Government Posts

#### Elena Kagan's Career So Far

1985

**1986-1987** Clerks for Judge Abner Mikva at the U.S. Court of Appeals for the D.C. Circuit.

 $\begin{tabular}{ll} \textbf{1989-1991} & Works for the Washington, \\ \textbf{D.C., law firm Williams \& Connolly.} \end{tabular}$ 

1995-1996 Works as associate counsel to President Bill Clinton.

2000

1999-2009 Professor at Harvard Law School.

Educational Career

In 2003, is named dean of Harvard Law School.

1987-1988 Serves as law clerk to Supreme

Court Justice Thurgood Marshall.

**1991-1995** Teaches at the University of Chicago Law School, where one of her colleagues is Barack Obama.

1990

**1997-1999** Deputy assistant to President Clinton for domestic policy and deputy director of the Domestic Policy Council.

March 2009 to present U.S. solicitor general.

2010

## Local

# Disbelief After D.C. Intern's Death

Council mentor says teen worked to gain better life for family

#### Washington

The Lotteries

Monday, May 10

Police are investigating the shooting death of a D.C. Council intern.

Capt. Michael Farish said Monday that officers found the body of 18-year-old Alonte Sutton in a ravine in Southeast Washington on Sunday. He had worked for Council member Michael Brown.

Farish says 911 calls on Saturday reported gun shots at Newcomb Street.

Mid-day Lucky Numbers ...... 4-8-7

Evening Lucky Numbers (Sun.) . . . . . . 1-8-8

Evening DC 4 (Sun.).....1-8-1-3

Mid-day D.C. Five ...... 8-7-8-6-5

Evening D.C. Five (Sun.) . . . . . . . . . 1-9-8-9-6

All winning numbers are official only when validat-



Police say 18-year-old Alonte Sutton was found in a ravine in Southeast on Sunday.

The next day as police investigated a missing person report, they learned the teen had been chased into the woods, where officers found him.

Family members say Sutton had been in a dispute with a man after the teen refused to give the man's girlfriend a ride.

Brown said in a statement, "The death of young Alonte Sutton came as a shock and I am in utter disbelief. ... Those who met him knew him to be a fine young man who dreamed for a better life and an opportunity to help his family. ... My staff and I offer our deepest condolences to Alonte's family."

(AP/THE WASHINGTON POST)

#### In Brief



Officials investigate a suicide at the West Falls Church Metro station in 2009.

#### WASHINGTON

#### Metro Suicide Program Running Behind Schedule

A suicide prevention program for Washington's Metro system announced last year is running months behind with no start date in sight. Metro said in September it would begin a suicide prevention campaign after a spike in deaths. The transit system had nine suicides in 2009. Typically, there are about two a year. The prevention program was to begin in February, including a public campaign and training for employees. (AP)

#### BALTIMORE, MD.

# Baltimore to Open Center Solely for LGBT Youth

Plans are in place to open Baltimore's first community center solely for lesbian, gay, bisexual and transgender youths. Leaders of the Gay, Lesbian, Bisexual and Transgender Community Center say they hope to open the youth center by the start of the school year in the fall. Andrew Ansel, programs manager for the center, says many of the facilities available to assist young people in the city are not "gay-friendly." (AP)

#### WASHINGTON

#### D.C. CFO to Certify New \$140M Teachers Contract

District Chief Financial Officer Natwar M. Gandhi is ready to certify the \$140 million teachers contract as fiscally sound, ending nearly five weeks of interagency finger-pointing and confusion. Sources said Monday a financing package that closes a \$10.7 million funding gap in the accord is awaiting only the sign-off from Mayor Adrian Fenty. (THE WASHINGTON POST)

# Organic Grocer Targets Low-Income Residents

#### Washington

They aren't the indicators that most organic grocers and apartment builders look for: above-average unemployment rates, below-average incomes and commercial corridors where boarded-up storefronts are common.

But developer Tim Chapman and Gary Cha, owner of several Yes Organic Market stores, have formed a partnership based on a common belief they say trumps other data: D.C. residents, even those in neighborhoods hammered by the recession, will pay for easy access to fresh groceries.

With the partnership, created last month, Chapman and Chaplan to buy property in District neighborhoods that lack full-service grocery stores and build mixed-use developments featuring Yes markets.

They plan to open five stores in coming years, with an eye on neighborhoods east of the Anacostia River.

They met when negotiating a lease for Cha to open his seventh store — on the first floor of Chap-



Genet Demeyesus, right, bags Kate Rondelli's food at a Yes Organic Market.

man's new 118-apartment building, the Grays on Pennsylvania — in the Fairlawn area of Southeast.

When Chapman struggled to get a retailer or restaurant that he wanted for the space, he settled on a chain convenience store. But when he brought the letter of commitment to Mayor Adrian Fenty and his economic development team, the city provided a \$900,000 grant to get a Yes store instead.

"It's good for economic reasons, and it's just good for our communities" when grocers come into underretailed areas, said Valerie Santos, deputy mayor for planning and economic development. JONATHAN O'CONNELL (THE WASHINGTON POST)

# 

**Maryland** 

Virginia

Mid-day Pick 4..... 2-2-8-0

Evening Pick 4 (Sun.)......7-7-9-2

Mid-day Pick 3..... 4-1-6

Evening Pick 3 (Sun.)......4-4-4

Mid-day Pick 4..... 8-5-8-1

Evening Pick 4 (Sun.)..... 5-4-7-8

# **Sports**

# 'A New Normal' for UVa. Lacrosse

Teams set to begin run at NCAA titles in tragedy's shadow

#### **College Lacrosse**

The Virginia lacrosse teams anticipated playing for national championships this month. They just never expected it to be like this.

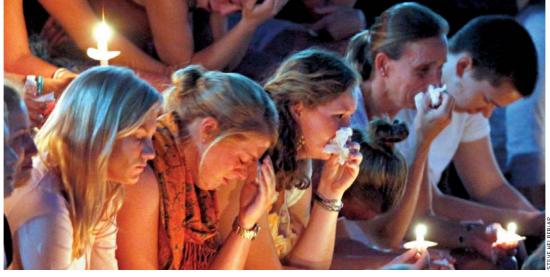
The teams begin the pursuit of those championships at home this weekend, just a week after women's player Yeardley Love was buried in her native Maryland. The 22-year-old was found beaten in her apartment earlier in the week, and Charlottesville authorities have charged George Huguely of the men's team with first-degree murder.

Both teams decided to play on, with the support of Love's family.

The Cavaliers men's team was made the top seed in the 16-team field on Sunday. Coach Dom Starsia's team will host Mount St. Mary's on Saturday night. It will not only be the first game since Love's death, but also since Starsia's father died Friday after a long illness.

The women's team was made a No. 6 seed and will host Towson on Sunday.

"I think we're kind of building back to normalcy," women's coach Julie Myers said in an interview on



Members of the Virginia women's lacrosse team attend a memorial service for Yeardley Love in Charlottesville, Va., last week.

#### "They really thought it was going to be important in their healing and just doing it with Yeardley in their mind and Yeardley in their heart."

— **JULIE MYERS,** VIRGINIA WOMEN'S LACROSSE COACH, ON CONTINUING THIS SEASON AFTER YEARDLEY LOVE'S DEATH. MEN'S PLAYER GEORGE HUGUELY HAS BEEN CHARGED.

CBS College Sports Network on Sunday night. "I think it will be a new normal; it won't be anything that we're used to. But I think our spirits are good. Lots of people have come out from all areas and all corners of the world trying to help us out and give us support."

The off-the-field events have left both squads having to find

ways to put aside their grief long enough to focus on competing in the tournament.

Starsia, who had not spoken publicly since the slaying until Sunday night, said before taking questions that he was not able to answer any queries related to the investigation.

"I was glad to be able to at least

Maybe it's old age; maybe playing for the Mariners is more boring than watching them on TV. Either

way, it appears as though Ken Griffey Jr. — who, at 40, is back playing with the team that drafted him — was

consider the lacrosse piece of this again, both on the field this afternoon with the team and talking about lacrosse this evening," he said, noting that he rejoined the team for practice on Sunday.

Starsia has guided Virginia to three national championships, the last in 2006, and said he told the team when they met on Monday that there's no road map for the journey just ahead.

"We're going to try to take this as a group and as a family and try to take this in small pieces and begin to move forward, and today may have been the first small step," he said. AARON BEARD (AP)

### Texans Owner Knew of 'Issue' With Cushing

#### **Pro Football**

Houston Texans owner Robert McNair said he knew during the 2009 season that linebacker Brian Cushing had "an issue" with the NFL, but had no details from the league of what it concerned.

Cushing was suspended by the league last week for violating its steroid policy. Although Cushing admitted taking a non-steroid banned substance, it is still considered performance-enhancing by the league.

McNair criticized the suspension and appeal process because, he said, it doesn't provide enough information to the team. "The club is left completely out of the loop on that," McNair said.

As a result of the penalty and admission, the AP is taking a revote for the defensive rookie award, which Cushing was a runaway winner for last yar. BARRY WILNER (AP)

#### **TV Lineup**

**NATIONALS (7 P.M., MASN)** The Nats take on the Mets in the middle game of their three-game series.

**NBA PLAYOFFS (8 P.M., TNT)** The Boston Celtics look to take a 3-2 lead

#### NHL PLAYOFFS (9:30 P.M., MASN)

over the Cleveland Cavaliers.

The Vancouver Canucks shoot to force a Game 7 against the Chicago Blackhawks.



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asleep in the clubhouse when Seattle manager Don Wakamatsu was going to use him as a pinch hitter last week, the Tacoma News

Tribune reported, citing two unnamed Mariners. Even awake, Griffey hasn't been great. He's hitting .208 with five RBI. (EXPRESS)

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# **express** • health directory



# Let's Talk About Your Hot Flashes

If you experience hot flashes, you may be eligible to participate in a research study of an investigational oral medication.

You may qualify for this study if you:

- Are a postmenopausal woman between 35 and 60 years of age
- Have 50 moderate-to-severe hot flashes per week

Qualified participants will receive study-related care and study medication at no charge.

If you have questions or are interested in obtaining additional information on how to qualify for this study, please contact the study coordinator.

**Contact Information:** 

Patricia M. DeHof, CRNP, MS Clinical Research Sub-Investigator James A. Simon, MD, PC 1850 M St., NW, Suite 450

Washington, DC 20036 **Phone: (202) 293-1000**  HEAD INJURY?
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CONCUSSION?

ALWAYS SLEEPY OR TIRED?

# DO YOU KNOW THERE MIGHT BE A CONNECTION?

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Many people with a head injury may feel sleepy during the day, even if the injury happened years ago. Researchers are inviting those with a head injury who feel sleepy during the day to take part in a **clinical study**. This study will assess how well a study medicine works for people who feel sleepy during the day as a result of head injury.

#### TO QUALIFY, YOU MUST:

- Be age 18 to 65
- Have had a head injury in the past 1 to 10 years that may have led to increased daytime sleepiness
- Feel sleepy or tired 5 or more days a week on average
- Be willing to take tests and medicine for 12 weeks
- Be available to sleep overnight in a sleep lab 5 times

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- · You may or may not benefit from study medicine
- Compensation for time and travel may also be provided

Space is limited. Make the connection today.

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- We are currently seeking current and former smokers, and smokers interested
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  the Registry will be informed about new studies conducted at Georgetown
  University and the Lombardi Comprehensive Cancer Center, such as research
  studies in breast cancer research and tobacco cessation.
- As part of the Registry, we will determine if you are eligible for new and current research studies done here at Georgetown, and then contact you to see if you are interested in learning more. You can then decide if you want to participate in the research study. All research studies must be approved by an IRB. An IRB is a group of people who review research studies to protect your rights.
- Participants in the Registry will only be asked to fill out a brief questionnaire about your health and lifestyle information.
- Your participation in this or any research study is completely voluntary.
- Subjects will receive a small gift for participating. Other studies you may decide to take part in may also offer compensation for participation.
- If you are interested in joining the Registry, please contact us at 202-687-8731 or studysubjectregistry@georgetown.edu.

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# **Sports**



Tiger Woods, suffering neck pain, says doesn't know when he'll play golf again.

# **Tiger Says Injury Not** Related to **Car Wreck**

Tiger Woods says there is "zero connection" between the neck pain that forced him to withdraw from the Players Championship and his Nov. 27 car accident.

Woods said during a news conference Monday that his neck started bothering him two weeks before the Masters, his first competition in five months. He brushed it off as "no big deal" until it kept getting worse. "I'm at a point now where I just can't go anymore," he said.

"I want to practice, I want to play, I want to compete, but this is not allowing me to do the things that I need to do on my golf swing to hit the proper shots. I need to get to where I can do that again."

Woods said he's been taking anti-inflammatory drugs, but they have not helped. He plans to have an MRI when he returns to Orlando, Fla. He said his schedule is "up in the air."

After tying for fourth in the Masters, Woods looked lost on the course as he missed the cut at Quail Hollow on April 30 with the highest 36-hole score of his career. He was noncommittal about playing the U.S. Open on June 17-20. (AP)





# **express** health directory

# Alzheimer's Disease Research Study

#### Opportunity Currently Available...

Physicians are currently conducting a clinical research study in severe Alzheimer's disease. The purpose of this study is to investigate the safety and efficacy of an investigational drug.

All patients will receive study medication and study-related care with a physician at no cost. Compensation for time and travel may also be available.

#### **Qualified participants** will be:

- 50 years of age or older
- Diagnosed with Alzheimer's disease
- Have a caregiver who is willing to be involved in the study and supervise treatment

Memory is the scribe of the soul.

Aristotle, Greek Philosopher To learn more, please call: IntegraTrials Clinical Research 703-528-0385

# Does your loved one have Alzheimer's disease?

This office is currently enrolling participants in a study to evaluate the safety of an investigational drug, not yet approved by the Federal Drug Administration to treat patients with Alzheimer's disease.

To qualify, you must:

- Be Male or Female, at least 55 years of age
- Diagnosed with Alzheimer's disease, Mild or Moderate
- Must have a Caregiver or Legal Guardian

Participants will need to come to this office for visits and testing. Study medication, office visits and testing are provided at no cost. Compensation is available for time and travel.

For more information, please contact our office at 301-984-8800.

## RESEARCH OPPORTUNITIES FOR

# **Healthy Volunteers**

IF YOU ARE CURRENTLY HEALTHY ARE INTERESTED IN PARTICIPATING IN A **RESEARCH STUDY** INVOLVING GLUCOSAMINE AND ARE BETWEEN 18-55 YEARS OF AGE

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and to schedule a confidential screening interview to see if you qualify You may be compensated for your time if you participate in the study Studies will be conducted in the Clinical Pharmacology Outpatient Research Unit in Rockville, Maryland, a part of the Uniformed Services University of the Health Sciences

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- Do you have nerve damage in your feet and legs?

Possible symptoms might include:

- numbness or loss of sensation
- burning sensations especially at night
- tingling, prickling, or shooting pains

Help us to advance our knowledge of diabetic nerve damage. Join the TARGET research study and become part of a major international clinical trial.

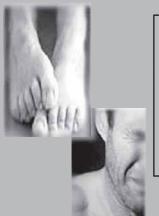
To find out more, please contact:

Carine Nassar at 202-877-0351 or Keyoana White at 202-877-0063 MedStar Diabetes Institute at the Washington Hospital Center

TARGET Study 291, Patient Poster, Version 1.0, dated 1 June 2009. Prepared from Clinical Study Protocol Final Version, dated 5 March 2009.



## Foot Pain From Diabetes?



If you have diabetes and pain, burning, or numbness in your feet or arms, you may be eligible to participate in a clinical research study. Please call us for more information and to schedule an appointment at (301) 770-7375, or visit us at dcpain.com.



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# **Sports**

# **Unlucky Fan Sees a Win**

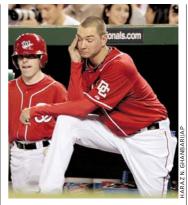
'The streak is over'; Nats went 0-19 with man present in '09

#### The Nationals

You remember Stephen Krupin, right? He's the Nats fan who went to 19 home games last season, and saw 19 losses, meaning the Nats actually had a winning home record when he stayed away.

His cousin, a Ph.D. economist and baseball stat geek, calculated the odds of this happening for a Nats fan last season at one in 131,204. Sports Illustrated even ran a column labeling Krupin "The Unluckiest Fan in America."

Linked to one of the worst seasons in D.C. baseball history, Krupin went to Opening Day this season and the Nationals got killed.



When Scott Olsen was taken out last week, Nationals fan Stephen Krupin thought the jinx was on once again.

Because of a busy few weeks, the 28-year-old speechwriter didn't return to the park until last Thursday, when, lo and behold, Scott Olsen was working on a no-hitter through seven-plus innings.

Then came Olsen's eighth

inning. The wheels didn't just come off; they transformed into T-shirt guns of pure disaster. There was a single, then a fielder's choice and a throwing error, then another single to load the bases with one out. Olsen departed to a standing ovation, and Krupin turned to his dad. "Maybe it is me," he said. "I had no doubt they were going to lose"

But this isn't 2009. Tyler Clippard got a double-play ball and Willie Harris won the game with a bases-loaded single in the ninth, the Nats' first walk-off win of the season. "The streak is over!" his father yelled in exultation.

"It felt like kind of an exorcism," Krupin told The Post. And so he went back Friday. The Nats led going into the seventh, but some of last year's hobgoblins — spotty relieving, another error — led to a loss.

DAN STEINBERG (THE WASHINGTON POST)



# Improve Depressive Symptons Faster?



Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. Understanding how this works may help us design better antidepressants. The study will also see if the rapid antidepressant effects can be sustained. The study is conducted at the NIH Clinical Center in Bethesda, MD.

#### NIMH is Seeking Participants:

- Between ages 18-65 with depression (unipolar or bipolar)
- · Free of other serious medical conditions
- Willing to participate in a 6- to 8-week inpatient stay

Call: 1-877-646-3644

(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov or for other studies: www.clinicaltrials.gov

Research medications provided free of charge. Compensation and transportation reimbursement is provided.

Atendemos pacientes de habla hispana.

04-M-0222





#### Guinea Pig | Like Spikes?

The floral pattern on the AcuMat: ECO (\$59.95, Acumat-eco.com) is made with pointy pieces of plastic. So, you can't be too dainty if you want to take a load off on the "bed of nails"-inspired acupressure product. Even though the spikes feel frighteningly sharp to the touch, if you follow directions and keep a cloth between your skin and the mat, it's not that uncomfortable. We had to strip down to a T-shirt to feel the pokes, and, weirdly, we liked it. We're not sure whether it improves circulation or boosts immunity, though.

#### **Body Talk**



#### The Pose Garden

"No taxation on my Sun Salutation," was the D.C. yoga community's rallying cry last week, as they banded together to battle a proposed tax on yoga classes and gym memberships. It seems the warrior two crew won out — word is the proposal is basically doing savasana right now. But it's a



reminder that money is tight these days, as are hip flexors and hamstrings.

So, it's a happy coincidence that the fifth annual D.C. Yoga Week (May 15-22,

Dcyogaweek.com) is on the horizon. Fourteen participating studios are offering a selection of free and \$5 classes to encourage people to try new styles (or take the pose plunge for the very first time).

But the best bargain of all is Yoga on the Mall, the kickoff event this Saturday from 1 p.m. to 5 p.m. (near the Washington Monument, at the southwest corner of 15th Street and Constitution Avenue). Celebrated yogini Shiva Rea, above — known for her dance-infused style and popular DVDs — is headlining the all-ages festivities, which will include classes, demos of acro yoga, drumming and more. The afternoon is free; just dress comfortably and bring your own mat.





Want to get down? The only way to do it at Go Ape is by clipping your harness to a zip line and going for a speedy ride. It's much trickier to stay facing forward than it looks.

# Start Monkeying Around

Go Ape encourages visitors to head to the treetops for an adrenaline rush

#### **The Great Outdoors**

Jumping off a plank into midair was a common pirate ship punishment. But it was also Debbie Godes' favorite thing she did on Saturday. "That free fall was amazing," says the 35-year-old mom, who was one of the first folks to sample Go Ape (\$55, Goape.com), an outdoor adventure course set in the trees of Rockville's Lake Needwood Park.

That stunt — called the "tarzan swing" — is just one of 40 crossings, including five zip lines, available for visitors looking for an adrenaline rush with a side of nature. All of this monkey business is harmless, of course, thanks to a system of harnesses, safety lines and carabiners. But when you're tottering over wobbly logs and hopping between skinny platforms up to 40 feet high, it can feel pretty risky.

The concept has proved popular in the U.K., where Go Ape has more



First stop: a safety lesson, since you're on your own most of the time on the course.

than 20 locations that have been visited by about 2 million customers. Now, the company's branching out to the U.S., courtesy of owners Dan D'Agostino and his wife, Jenny, who had an opportunity to Go Ape while living in London. "We were watching people come off the last zip line, and everyone had the same huge grin on their face," says D'Agostino, who immediately knew the perfect American location: right by his parents' house.

Lake Needwood, part of Rock Creek Regional Park, is just 3.5 miles

from the Shady Grove Metro station. Plus, it offers boat rentals, fishing, an archery range, trails, picnic shelters and more. The activities fit in with the Go Ape philosophy that you should be able to extend your outing beyond the two to three hours it takes to attend the 30-minute mandatory safety briefing and make your way through the course.

The Montgomery County Department of Parks got on board in hopes that the course would draw more visitors. And it seems there's at least one new regular already. "I've never been to this park even though it's two miles from home. But I'll be coming again," says Cheyne Griswald, 29, another opening day "Gorilla."

Kids, who are allowed to play with proper supervision if they're at least 10 years old, are "Baboons." But regardless of the age and size of the primate, no one should have that tough a time physically. Your muscles really need to work only when you're climbing the rope ladders that lead up to each of the five course sites — especially if the wind decides to whip you around.

Not to say you won't feel it the next day. Godes warns the "rope passage," which requires stepping on a series of unconnected loops, might result in more of a stretch than expected. "I did a midair split," she says. And those zip lines, which extend up to 340 feet and can send you hurtling up to 18 mph, often end in a not-sograceful butt-mulch meld.

But even if you finish with your jeans covered in dirt and a sore throat from yelling, "Oh, my God," you'll leave with a sense of accomplishment. VICKY HALLETT (EXPRESS)



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# baggagecheck



### Pick Me, Not the Picture

My boyfriend has known me only at my current weight. But he's confessed that he thinks about pictures of a thinner me while we're having sex and he's worried that he'll never have the "Perfect 10" girlfriend. He's willing to be supportive by eating healthily and exercising with me. And he says he'll be patient and that he finds me attractive in many other regards. But what happens if I never reach my goal weight? Despite my repeated requests to stop, he won't let the issue go. ANDNYMOUS

It sounded fairly workable until "he won't let the issue go." You deserve someone who makes you feel attractive the way you are and supports you in adopting a healthy lifestyle the way you want. He could be that person, but I'm not sure what he's still harping about — and that's where the real bruising seems to come in. (And, yes, his fantasies of a "you" he's never met were probably better left unsaid.)

You must decide where your goals for your body end and where

his begin. Trying to look a certain way for his sake is very different — and far more toxic — than wanting to feel active and fit in your own skin.

Ultimately, you have to be healthy for you, and he has to be in love with the person you are in the here and now. Admittedly, that usually doesn't include creating a numerical ranking system and deciding that you don't seem to measure up to "perfection."

Why do I find myself wondering where all of us would rank him?

#### How to Take Out The Trash Talker

My co-worker has a bad habit of trashing people behind their backs. She recently did this to a colleague of ours who is a close friend of mine. He told our boss and, out of retaliation, I ended up becoming her latest victim. Now, she is hellbent on befriending me again and even sent me a long apology letter. I want nothing to do with her. uehi

When you work in an office together, having "nothing to do" with someone is as unrealistic as having a copier that doesn't deserve a big kick where the toner don't shine. As much as you may want to dig in your heels and ignore her, you have to at least be civil so that you don't become the villain and endure more retaliation.

Let her know that you appreciate the time she took to write the letter — you need not say you forgive her — and then proceed to keep as unentangled, with as clean of hands, as you can. I'm betting your boss knows the real story.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

#### **Exent Horizon**

#### **Go With the Flow**

Get a free dose of dairy from Sweetflow Mobile. The ecofriendly fro-yo cart will be visiting all 11 Kimpton Hotels (Kimptonhotels.com) in D.C. and Virginia this Thursday and Friday to celebrate the chain's Green Seal certification. Exact times TBA on the hotels' Facebook pages.

# phys ed lookout

# Order Some Zumba at Lunch

Spicy dance moves are encouraging the gals of Crystal City to get out of the office

#### **Class Review**

The best lunchtime special in Crystal City comes with loads of salsa. But the outdoor Zumba classes every Wednesday at noon are completely calorie-free.

What it is: The popular group exercise format, which relies on Latin rhythms to get students wiggling their hips and thrusting their arms into the sky, is "fun and sexy," explains

Angela Fox, president and CEO of the Crystal City Business Improvement District. Since those are two adjectives she'd also like to have associated with the Arlington neighborhood, she's partnered with local gym Sport & Health (Sportandhealth.com) to offer free classes. A trial run last summer proved so successful that they've brought the program back for 2010.

**Moves:** Forget about fancy footwork. The whole idea behind Zumba is that it's easy to follow no matter your dance ability - and as

.....



Ladies love to crowd around instructor Carol Zambrana, above, including Crystal City BID CEO and President Angela Fox, below.



long as you're moving, you're doing it right. But expect to shake your assets, spin and do the box step.

Workout: Flinging your body around for an hour is never easy, and doing it midday in Washington heat can make it even more challenging. "You get the sun, so you sweat more," says instructor Carol Zambrana, who switches off teaching duties with Martin Luna.

Expect to feel the burn all over. Luna adds. Some numbers require keeping legs bent in squats for eons, and tons of arm pumping. Both instructors are also always pointing to their tummies to remind students to keep their cores strong.

But even though it can be exhausting, Nina Walia, who comes with a huge crew of co-workers from PBS, barely notices: "I feel like I'm in a music video instead of working out."

**Crowd:** The hordes of women who show up — often more than 30 each

**CRYSTAL CITY** is shaping up to be a health hub. Beyond Zumba, Sport & Health will start offering free outdoor yoga classes Monday mornings in June. The club has also recently launched a locker room-only membership for folks who want to bike to work but don't have shower facilities at the office. On May 23, the neighborhood hosts the finish line festival for Bike DC (Bikedc. net), which will be a nice warmup for the Air Force Cycling Classic, a weekend of amateur and pro races June 12 and 13 (Airforcecyclingclassic.com).

week - represent every age group, ethnicity and fitness level. But none of them is shy. You can't be if you're going to be bumping your booty in public. (While it's rare for men to join in, there are plenty of guys, particularly of the gray-haired variety, who stop and gawk.) The benefits outweigh any embarrassment, however, regular student Lynnie Martin promises. "It gets me energized for work," says the 23-year-old, who has nine-hour days at the office. "I need something to get me moving." VICKY HALLETT (EXPRESS)

 Offered Wed. at noon in the courtyard at 2345 Crystal Drive. Classes are canceled if there is inclement weather.

#### Two of a Kind

#### **Sweating** Like the **Oldies**

Fitness fads change each year, but health has always been in fashion. These two "new" books one reprint and one revision — offer a peek back at what exercise advice Americans were looking for long before the current obesity crisis. Your greatgrandpa, it seems, was worried about "the meaning of flabby muscles."



#### EXERCISES FOR GENTLEMEN (\$14.95, first published in 1908)

Cushy city living was taking its toll on men's bodies more than a century ago. So, this book was devised to give guys 50 exercises they could accomplish while wearing a suit, almost all of which have silly names, like "wing-toe-standing-jumping" (aka squat jumps). But the advice is sound ("When taking arm exercises, let your mind power be concentrated on vour arms."), so, gentleman, it's still worth a read.



#### THIN THIGHS IN 30 DAYS (\$7.95, first published in 1982)

Author Wendy Stehling scored a New York Times best-seller nearly 30 years ago with this guide to leaner legs. Today, at age 59, she's updated the book for the next century: The Walk-Off chapter now includes interval training, and her Work-Off section offers additional exercises that target the tush. But it's basically the same simple plan, which may appeal to anyone overwhelmed by info overload.

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# nutrition fit

# Cut the Carbs, Not the Flavor

Substitutes for pasta, potatoes and bread let you keep eating your favorite foods

#### **Eating In**

"The best way to cut carbs from your diet is to make creative substitutions," says Arthur Agatston, author of "The South Beach Diet." We then had some loyal carbo-cravers tastetest these dishes. It turns out some of them are pretty good.

#### **Hash Browns**

Substitute squash for potatoes. Summer squash (the football-shaped yellow kind) tastes similar to potatoes when cooked. Grate the squash, mix in an egg as a binder, make patties and fry them in olive oil.

**CARBS CUT:** About 15 grams per hashbrown patty

**THE TASTE:** "Not as firm and crispy as regular hash browns, but the potato flavor is there."

#### **Mashed Potatoes**

**Substitute cauliflower for potatoes.** Steam some fresh or frozen cau-

liflower in the microwave. Then spray the cauliflower with butter substitute, add a little nonfat half-and-half substitute and puree in a food processor.

**CARBS CUT**: 30 grams per cup **THE TASTE**: "After a couple of bites, you forget it's not potatoes."

#### Lasagna

Substitute zucchini slices for noodles. Slice five medium-size zukes lengthwise into 3/4-inch-thick strips. Sprinkle Italian seasoning on the strips, place them in a single layer on a nonstick cookie sheet and bake at 425 degrees for 20 minutes. Then make the lasagna as you normally would, replacing lasagna noodles with the baked zucchini.

**CARBS CUT:** 36 grams per serving **THE TASTE:** "Delicious. The zucchini provides texture that you don't get from noodles alone."

#### **Spaghetti**

Substitute spaghetti squash for spaghetti. Cut the squash in half and remove the seeds. Then place each half (cut side down) on a plate with a quarter cup of water. Nuke the



Spaghetti squash is nature's low-carb answer to pasta. But go easy on the butter.

squash for 10 minutes. Let it cool, then scrape out the "spaghetti" strands and top with pasta sauce. CARBS CUT: 30 grams per cup THE TASTE: "Great. It has exactly the same consistency as real pasta."

#### **Pancakes**

Substitute oatmeal and cottage cheese for pancake mix. Blend together half a cup of old-fashioned

oatmeal, a quarter cup of low-fat cottage cheese, two eggs, and a dash of vanilla extract, cinnamon and nutmeg. Cook the mixture like a regular pancake.

**CARBS CUT**: 45 grams per pancake. **THE TASTE**: "With syrup, you could never tell the difference."

#### **Scalloped Potatoes**

Substitute tempeh for potatoes.

Saute a couple cups of thinly diced tempeh with garlic and onions. Pour a cheese sauce over the tempeh cubes and bake for half an hour. CARBS CUT: 11 grams per cup

THETASTE: "Just like a slightly nutty baked potato."

#### **Cheese-Flavored Chips**

Substitute low-fat string cheese for chips. Cut sticks of string cheese into 1/4-inch-thick slices and scatter the rounds on a cookie sheet coated with nonstick spray. Bake at 375 F for four to five minutes or until the cheese melts and turns golden brown. Let them cool, then peel the chips off the tray.

**CARBS CUT:** Up to 90 g per serving **THE TASTE:** "Like the cheese you pull off the top of a pizza."

#### Pizza Crust

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Substitute portobello mushrooms. Cut the gills out of the inside of the mushroom, then place the mushroom on an oiled cookie sheet and bake for five to 10 minutes so it dries out slightly. Add tomato sauce, mozzarella and other toppings, and broil until the cheese begins to melt.

CARBS CUT: About 20 g per slice
THE TASTE: "Like pizza, but moister. Give me a fork!" (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE

#### Quick Fix

#### Get Hungry for Healthy Habits

Losing weight doesn't have to be a big deal, says nutritionist Rebecca Scritchfield. "If you make one small change and repeat it, it adds up to a bigger change," she explains. So, this Saturday at the Joint Service Open House and Air Show (Jsoh.org) at Andrews Air Force Base, she'll be promoting the small changes>Lifelong Results campaign. For every pledge visitors make to eat better, sponsor Fruit20 will donate \$1 to the American Diabetes Association.

So, what's a sample small change? Try snacking smarter.
There's nothing wrong with sneaking a bite between meals — as long



as you're actually hungry. It can help keep your energy level up and prevent overeating later. But often people grab something when they don't need it, and the something they grab is out of a vending machine.

"Corn chips and soda is low in

nutrition and high in calories," Scritch-field says. You probably knew that. But even choices many of her clients think are healthy, such as 100-calorie packs of cookies and granola bars, are also on her no-no list.

Instead, she says, "Make your snack more of a whole food — a handful of nuts or fresh or dried fruit." Or, go for a part-skim mozzarella stick: "It's reduced fat, you get protein and there's that salt vibe, too." Pair it with a calorie-free beverage, so you're not slurping your calories but still staying hydrated. And that's it. You have a new habit.

"One of the big fears is that everything needs to change. We don't have to make it difficult," Scritchfield says. We just have to make it different.

VICKY HALLETT (EXPRESS)



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- ✓ Great Amenities Include Great Specials **Upon Move-In**

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Alexandria



Furnished Efficiencies: \$378 Wk ◆ \$1380 Mo Cable \* Internet \* Utilities \* Housekeeping

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Newly Renovated AFFORDABLE 1 BR's just \$870

Huge, spacious rooms

- New appliances & countertops!
- Large pets welcome up to 70#
   Conveniently located on bus line
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  Minutes to Ft Belvoir & Rte 1

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CreeksideVillageApts.com
7979 Janna Lee Ave., Alexandria, VA
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ONLY 3 TWO BEDROOMS LEFT Only \$1550 & 1 MONTH FREE! THE STATION AT POTOMAC YARD BRAND NEW COMMUNITY in heart of Alexandria, VA

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- W/D in each home
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- FREE underground parking space
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2 Bedrooms: \$1550



3400 N. Beauregard St. Studio from \$745 1 Bedroom from \$875

1 Bedroom from \$875
Plus electric. Water and gas incl. Some w/w
carpet. Conv. location within Beltway. On bus
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Larchmont Village Apartments
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- Ample free parking Park-like setting · Sought after school district.

1BR's \$1080 2BR's \$1280 Call 888-252-5814

1649 N. Longfellow St. Arlington, VA 22205 www.ahcmgmt.com

Income Restrictions Apply

M-F (9-5), Sat (9-3)

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Ask about our Reduced Rent Specials

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- · Minutes to Washington DC Controlled access

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ADELPHI. MD



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As Soon As Possible

Amazing Prices on 1, 2, & 3 BRs as low as \$700!

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MINUTES AWAY FROM THE NATIONAL HAR-

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WE ACCEPT PETS
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2 Bedrooms

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UP TO 11/2

**FREE** 

CASH BACK

**RENTALS** 

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**RENTALS** 

\Hurry Limited Time Only! 1 Bedroom's from **- \$799 2 Bedroom's** from **- \$909** 

 All Utilities Included For A Small Fee Brand New Renovated Options

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Capitol Heights, MD Highland Ridge

**Apartments** 

1 Bedrms. fr. \$750 2 Bedrms fr.\$859

Renovated kitchens Controlled access entry GREAT location!

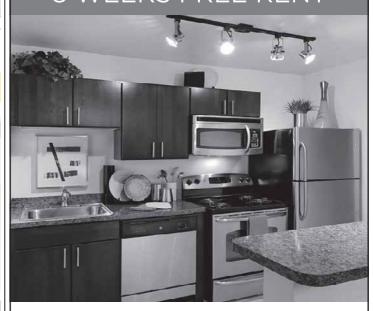
> 888 240 4569 \*MUST MOVE IN BY 5/15/10

> > **RENTALS**

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8 WEEKS FREE RENT



- Shuttle Service to Metro
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- Plush Berber Carpet
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ENTER TO WIN \$1,000 POTTERY BARN GIFT CARD WEEKLY!

955 South Columbus Street | Arlington, VA 22204 From I-395, take Columbia Pike (State Highway-244) west Turn left at South Columbus Street.



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District Heights

2128 County Road

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ONE MONTH FREE RENT!

WE PAY GAS AND WATER\* \*See manager for details

> Efficiency \$700 1 BR From \$725

Some Units Newly Renovated Wall-to-Wall Carpet ● Private Patio or Balcony Individually Controlled Heat & AC **Bus Stop at Entrance** 

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Apartment Homes

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1BR Special starting at \$830 **\$99 Security Deposit** 

**Newly Renovated Community &** Huge Floors Plans
5% Discount for Gov't, County &
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RENTALS

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- ☆ Community center/tennis courts
- Walking distance to shopping
- 🕏 Beautiful manicured lawns 🛊 Controlled building
- ☆ Wall to Wall Carpet
- 🕏 Window in kitchen & bath 🌣 On site laundry rooms



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Live **rent free** for 2 months!\*

- Walk to Friendship Heights Metro stop
- 100% brand new. 100% beautiful.
- Studio, 1, 2 and 3 bedrooms
- 24-hour Resident Concierge
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- Penthouses available

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ArchstoneWisconsinPlace.com

\* New leases only. Offer available the community for full details.

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SPACIOUS STUDIOS FROM \$699 HUGE 1 BEDROOMS FROM \$899 HUGE 2 BEDROOMS FROM \$1179-\$1437 ALL UTILITIES INCLUDED.

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Brand New Renovated Apartment • Options and so much more!!!

Great Specials and now offering Government Discounts! \$99 Security Deposits
For a limited time only, Some Restrictions Apply, \*For a small fee

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Within Walking Distance to Met Rents start at \$699\*

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**All Credit Considered** Foreclosure Applicants Welcome 5 Minute Pre-Approval Military Discounts Available

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6220 Springhill Dr.,Greenbelt Md 20770 \*while s upplies lastmust move in by 5/15/10

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ALL UTILITIES INCLUDED | For a small fee

1 & 2 Bedrooms from \$819 - \$999

\$99 Security Deposit (for qualified applicants) BRAND NEW RENOVATED APARTMENTS from \$819 - \$1029

TEACHER/POLICE/EMS/NURSE PROGRAM DISCOUNT!

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5 Minute Pre-Approval

\$250 Security Deposit on approved credit

> Call now for details 301-277-6610

Hyattsville

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1 & 2 Bedroom Apts. **Lovely Setting** Nr. the New ARTS DISTRICT **Close to Shopping & Metro** 

CASTLE MANOR 866-464-0993

**Largo**—\$975.00 + elec, Pines, 1 br/1 ba, DW, WD, New Crpt, 301-439-3848



1 BDR Application Fee waived with this ad

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Apartment Homes

- All Credit Considered
   Minutes from DC & Beltway
- Metrobus right at your door step
   Spacious 1& 2 Bedroom Apartments available
- 1319 MERRIMAC DRIVE

hampshirevillage.com

HOURS: M-F 9-5:30 SAT 9-5 888.732.1327

Lowes Island—\$1800, 3 br, 2 ba, 47584 Ree Terrace, Potomac Falls, VA, 703-652-6334

NE -- 1 Br, 1 Br w enclosed back porch, \$750 & up+ util. No pets, 202-265-4814, or 202-629-2606. Fred A. Smith Company

NE 927 52nd Street - Secure 1BR w/crpt, Indry rm \$725/month. Delwin Realty 301-608-3703

NE DC- Newly renovated 2BR apt, CAC. Near Bus lines. Section 8 ok. Secure building. Quiet Neighborhood. Call 202-251-4638

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1 BR starting at \$745 2 BRs starting at \$845

- FREE UTILITIES Wall-to-Wall Carpet

- Wall-to-Wall Carpet Resident Controlled Entry On-site Laundry & Playgrounds 24-hr. Emergency Maintenance Steps away from Cafe, Shopping & Metro Pick your accent wall

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Window Treatments - Landscaped Courtyards
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Three Bedroom Townhomes
5% Disc. Metro & DC Govt Employees

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with select lease terms, call or visit

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3900 16th Street NW Washington DC

Efficiencies start at \$926

No Security Deposit
All UTILITIES INCLUDED!!!!

- All units include central air and heat
- Awesome 16th Street location!
- Walk to Columbia Heights Metro Station Metro bus stop next to building. Beautiful parquet hardwood floors, huge
- picture windows,h cathedral ceilings 24 hour controlled access Laundry facilities onsite.

Limited Availability Call Now! (888) 333-3851

Oxon Hill

#### **Chevet Manor**

#### All UTILITIES INCLUDED!!!!

Studio Apts (some with Balconies) starting from \$725 Hurry only 5 units left!

Great location with easy access to I-495 and I-295. Near Bolling Air Force Base Close to Southern Ave Metro Station Metro Bus Stop on site 24 hour controlled access Laundry facilities and pool on site

> 4545 Wheeler Road Oxon Hill, Md. 20745 Call (888) 468-9104

#### East Pines Terrace

#### **RIVERDALE MOVE-IN SPECIAL**

FROM \$695-\$975 Spacious Studios1 BR & 2 BRsWalk-in Closet

**⇔** Balconies

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Free Gas - Near Metro
Delwin Realty
Text Pines To 20999

888-754-3042 6747 Riverdale Rd. Riverdale, MD 20737

**SE--** 1 & 2 BR . \$715 & up + elec. No Pets. **202-265-4814, 202-629-2606** Fred A. Smith Co.

SE- 1-2 bedroom on Green Line. Quiet, carpet, secure. Voucher approved- Utilities included
Please call 703-912-4885 leave message

SE--1 Br & 1 Br and a Den units avail for immed Occupancy. Move in by 6/1, receive half off 1st mo rent. Must bring this ad. Approvals based upon credit and rental hist, as well as eligibility requirements. For more info cal 202-562-3200 M-F 9-5, Open Sat by appt only.

Come Chill with us at **Ridgecrest Village Apartments** 2000 Ridgecrest Ct., SE Washington, DC 20020 (866) 505-8057

FREE A/C Splash Park 2 Bedrooms starting at \$1050

- Newly Renovated Apartment Homes
- Large floorplans Spacious closets Choice of Wall to wall carpet or Hardwood
- Laundry on-site
- Off-street parking
  Free Shuttle Bus to Metro
  Convenient to shops at Park Village & Brand
- New Library THEARC Just Blocks Away

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**RENTALS** 

riverdale

### **APARTMENTS** FROM \$899

CALL TODAY!

#### **Eastdale Apartments**

spacious floor plans with huge closets and updated kitchens! Great location near New Carrollton Metro

888-795-7042

6021 67th Avenue, Riverdale MD 20737

EastdaleApts.com

**RENTALS** 

1 BRs starting at \$850

\$99 Security Deposit\*

No Application Fee

FREE gas cooking & hot water

**Auburn Manor** 

888-332-6003

**6821 Riverdale Rd** limited time offer on 1BRs only

Income restrictions apply. Income Range for 1 brs \$27,200 to \$49,320. Call for details \*on approved credit only

Refreshing Pool

Barbeque/picnic area

• Central air conditioning

# **RENTALS**

## **Great Places** to Call Home... CALL NOW!



#### **DC PROPERTIES**



NW: Brightwood - Studio, 1BR Apts, Available! Close to multiple bus lines, downtown DC, Downtown Silver Spring, Located on quiet tree lined street starting at \$725 and up

NW; Brightwood; 5912 14th Street

Renovated 1BR Apts.

All Utilities Included, Close to bus lines, \$996.



#### NE; Woodridge - Large Sun Lit Studio, 1BR Available!

Close to multiple bus lines and RI Ave Metro and Downtown DC. Starting at \$700 and up



#### SE; Studio and 1BR Available!

Close to Pennsylvania Ave. and Minnesota Ave., multiple bus & metro lines. Starting at \$750 and up



#### SE; Brand New Beautiful Unbelievable Spring Move In Specials on 1BR +Den & 2BR Apartment Homes

Gated Community, Private parking, W/D in apt... Central air, stainless appliances. Dishwasher and so much more



#### SE - Brand New Affordable 2BR Apt. Homes

108 Atlantic Street Please call for Move In Specials

#### **MD PROPERTIES**



CALL 301-779-6037



property management, inc **RENTALS** 

### Free Gas & Water

Maple Ridge

- Gated Community
- State-of-the-art fitness
- Free 6 week summer camp

\* select units

**RENTALS** 



### Colonial Village 888-583-3047

908 Marcy Ave. . 0xon HIII, MD 20745

- FREE UTILITIES
- Swimming pool
- · Free 6 week summer camp
- Private balconies/patios Minutes to Metro, DC,
- Virginia, and 495



# Calvert Hall **Apartments**

877-203-6036 3817 64th Ave. . Landover Hills, MD 20784

- Gated Community
- Swimming Pool
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street

\* on 2 BR Apts.

### Fletchers Field **Apartments** 866-805-0782

- FREE UTILITIES
- . Spacious and modern apts Wall to Wall carpet
- Private balconies/patios
- Free 6 week summer camp



1, 2, & 3 BR Apts Huge 2 BR Townhomes

# Parkview Gardens 888-251-1872

6400 Riverdale Road • Riverdale, MD 20737

**GATED COMMUNITY** 

- Furnished Apartments\*\*
- **Beautiful Kitchens-**

**Granite Countertops\*\*** 

- **Fitness Center on Property**
- Washer/Dryer\*\*
  - Outdoor & Indoor Pools
  - Free 6 week summer camp · Roomy, Modern Apts

Riverdale Village 800-767-2189

5409 Riverdale Road • Riverdale, MD 20781

- Private Balconies/Patios · Free 6 week summer can
- · Cathedral ceiling \*select units
- 1, 2, & 3 BR AVAILABLE HUGE 2 BR TOWNHOMES

Kings Square **Apartments** 

877-898-6958

3402 Dodge Park Road . Landover, MD 20785

Fleetwood

- FREE UTILITIES Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- · Free 6 week summer camp
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Village Apts

721 Chillum Road • Hyattsville, MD 20783

. FREE WATER, GAS HEATING & COOKING

- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp

. Convenient to shops, schools and I-495

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4 **CALL FOR FANTASTIC SPECIALS!** 











#### -Randall Highlands

**Hillside Terrace** 1812 23rd St.,SE 1-866-646-7056

1BRS Starting at \$735 OPEN HOUSE WEDNESDAY **MAY12TH FROM 7AM-4PM** 

Zero Application Fee! 1/2 Off the First Full Month's Rent!

- \*Beautiful Apartment Community \*Renovated Kitchens and Baths
- \*Ample Closet Space
  \*Close to Shopping
  \*On & Off Street Parking Available

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1 BEDROOMS FROM \$735 \$300 OFF 1ST MONTH'S RENT

- Free Gift Card

- Free Accent Wall Free Splash Park Free Metro Shuttle

- Gourmet Kitchens Free Off-Street Parking Next to Super Giant and IHOP

Open Daily 8-6/ Wed 8-7/ Sat. 9-4. Sun by Appt

Wm. C. Smith + Co, Inc. www.villagesofparklands.com

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#### \$925 Special on one bedrooms

Stop looking & start living in one of our 1 bedrooms from \$925 or our 2 bedrooms from \$1200. Available immediately.Furnished units also available. Convenient to Metro, UMD shuttle bus line & downtown Silver Spring. Ask About our reduced security deposit.Short term leases available. Small pets welcome. Call Mr. Hinton at 301-588-1109 Vista Mgmt

**RENTALS** 

**RENTALS** 

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Tower and Garden **Apartments** 



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1 and 2 Bedrooms

Also 3 Bedrooms Available



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#### Riverdale Towers

#### All UTILITIES INCLUDED! 1 Bedroom Apts. starting at \$800

Only 7 units left! All units include central air & heat!

Wall to Wall Carpeting Free parking. Walk to Shopping, Near Metro, Metro Bus Stop onsite 24 hour controlled access Laundry facilities onsite

(888) 895-8026

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1BR, 1BR+den, 2BR, 2BR+den Available!!!

**Last Chance Final Call** Coupon Book Special Must move in By 5/31 \$300.00 off 1st month rent \$200.00 off 2nd months rent and more Rosecroft Mews Apts. 2428 Corning Ave Ft.Wash,Md 20744 w/d dishwashers in apts wall to wall carpet, pet friendly

**Alexander Gardens** 1615 17th St.,SE Washington, DC 20020 202-684-9409

#### FREE APPLICATION FEE 1BR From \$655

\$0 Application Fee
1/2 Off 1st Full Month's Rent!!!

Refinished hardwood floors

Wood grain cabinets Individual controlled heat-a/c Resident controlled access

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MANOR VILLAGE 877-873-9948

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- Free Accent Wall Free Splash Park Free Metro Shuttle
- Gourmet Kitchens
- Free Off-Street Parking Next to Super Giant and IHOP
- \* Daily 8-5/ Wed 8-7/ Sat 9-4/ Sun by Appt

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#### 1BR \$745 All Utilities Included!!!

\*Controlled entry \*Near shopping, hospital & schools \*On Metro Bus Route -Walk-III Closets \*Laundry facilities on-site \*24HR Emergency maintenance \*Adjacent to 295, 395 & the Capital Beltway

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- Refinished Hardwood Floors
- Wood Grain Cabinets
- Resident Controlled Access
- Close to Metro Bus Route

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Silver Spring

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- Swimming Pool w/Sundeck
- Individual Washers/Drvers · Walk-in Closets
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- Close to Metro

1B-\$1,080 • 1B/DEN-\$1,195 2B-\$1275 • 2B/DEN-\$1400

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Edgewood



**SILVER SPR/Forest Glen Metro** 

Move In Special

1 and 2 BEDROOM GARDEN APTS **UTILITIES INCLUDED** 

**Forest Glen Apartments** CALL TODAY!

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#### **2 BEDROOMS \$1195**

Short Term Leases Available

- Renovated Units
- Spacious floorplans
- MetroRail/Bus accessible
- 24 Hr. Maintenance
- · Cable Ready

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- Washer and druer in every apartment
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**Silver Spring** Walk to Metro!

Spacious apartments w/hardwd flrs, free prkg, park-like setting!

- 1 Bedrooms from \$1000 2 Bedrooms from \$1150
- UTILITIES INCLUDED

**CALL TODAY** 240-393-7386 Ask About Our Special

HILLBROOKE TOWERS APTS.

WINDSOR COURT AND TOWER APARTMENTS

Conveniently located just off Rte. 29 close to 95, 495 **Huge floorplans** 

**Quiet wooded surroundings** Stop in or call today 13802 Castle Blvd. #103 Silver Spring, MD 20904

Text WINDSOR to 29999 for more info

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XXI72 Ix4

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- 1 & 2 Bedrooms
- Starting From \$700
- Private Parking Lot
- 2 DEPOSIT Spacious Floorplans with Hardwood Floors . 5 Minutes to the Green Line Metro

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**SOUTHEAST** 

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NEW EXTENDED HOURS MON-THURS 'TIL 7PM Convenient to shopping, schools,
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Wall to Wall Carpeting.
5% DISC.TO METRO & DC GOVT EMPLOYEES (877) 464-9774

3539 A Street SE
Text MGCOURT to 29999 for more info Housing Choice Vouchers welcome where rents are within voucher program limits GARDEN VILLAGE 877-238-8216

#### 1 BEDROOMS FROM \$735

- \$300 Off 1st Month's Rent
- Free Gift CardFree Accent Wall
- Free Splash Park
  Free Metro Shuttle
- Gourmet Kitchens
- Free Off-Street Parking
- Next to Super Giant and IHOP

Open Daily 8-6/Wed 8-7/Sat. 9-4 Sun. by App't.

Wm. C. Smith + Co., Inc. www.villagesofparklands.com

SOUTHEAST

**GARDEN VILLAGE** 866-286-2476

1 BEDROOMS FROM \$735

- \$300 Off 1st Month's Rent
- Free Gift Card
- Free Accent Wall Free Splash Park Free Metro Shuttle
- Gourmet Kitchens
- Free Off-Street Parking Next to Super Giant and IHOP

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\*Move in special on beautiful 1 bedroom lower level unit'

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A Perfect location on Metro

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M-F 9-5. Sat/Sun 10-4 Housing Choice Vouchers Welcom \*CALL FOR DETAILS

**RENTALS** 

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One Bedroom starting at \$640 Two Bedroom starting at \$750

Off Street Parking • On Bus Route • Near Green Line Metro
W/D in select units • Housing Choice Vouchers Welcome



#### Banneker Place Apts.

1/2 Off 1st Months Rent on 1 BRs\*

- Close to Metro, schools & shopping
- Great location in a park-like setting
- Laundry facility on property
- Intercom access to every bldg.

\*Must move in by 5/15 3738 D Street SE . Washington, DC 20019 (202) 584-1688

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**RENTALS** 



SUN:12PM-4PM • M-F:9AM-6PM • SAT:10AM-5PM

201 I Street, SW, Washington, DC 20024 1.877.870.0243

www.capitolparkplaza.com

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- **Gated Community**
- Controlled Access
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# lookout



**Hey, Good Lookin'**Katy Perry earns the top spot on Maxim's annual hot list **35** 

#### **Sound Bets**



#### **Angry Energy**

Joe Strummer sang, "Anger can be a power" in the Clash song "Clampdown." But based on what I scrawled on my high school notebook, I liked what John Lydon snarled on Public Image Limited's "Rise": "Anger is an energy." It sounded more open-ended, just like P.I.L.



Lydon's post-Sex Pistols group helped give rise to the endless creative source that is postpunk. Mixing drones and bass, noise and dub, pop and avant-

garde, the P.I.L. albums "First Issue" and "Metal Box" destroyed musical barriers and influenced everybody from the timeless Fugazi to the eternally awful Red Hot Chili Peppers. By P.I.L.'s 1986 record, "Album," Lydon was the only member left, and the project took on an alt-rock sheen until the former Johnny Rotten put the project on ice in 1993. But as with the Sex Pistols' 1996 "Filthy Lucre" tour, Lydon isn't ashamed about calling on his past, and a resurrected P.I.L. plays 9:30 Club on Wednesday.

I have no issues with reunion tours, and sometimes P.I.L. feels like a footnote rather than a touchstone when discussing modern music. If this tour can display Lydon's angry energy to a new generation, I'm all for it.



 $Daria\ sits\ on\ her\ bed\ and\ apathetically\ regards\ her\ highly\ annoying,\ annoyingly\ popular\ little\ sister,\ Quinn,\ on\ MTV's\ "Daria."$ 

# **Smells Like Teens**

Late-'90s sasstress 'Daria' can finally be yours in the form of eight sweet DVDs

#### **DVD** Review

"I don't have low self-esteem. ... I have low esteem for everyone else."

And so the MTV-viewing public was introduced to Daria (voiced by Tracy Grandstaff), whose deadpan sarcasm and one-liners were the envy of every teenage outcast, wallflower and nerd around the turn of the 21st century.

Daria lives to read books, torment her popular sister, dream of ways to get out of Lawndale and, mostly, avoid social interaction at all costs — unless it takes the form of UFO conventions.

But the real beauty of "Daria," which ran from 1997 to 2001 and is now at long last out on DVD as an eight-disc set, is that it's not really about a single choice between misanthropy and shallowness, but about discovering that you have to stick with the people you love, whether they annoy you or not.

"Daria" was one of MTV's last hurrahs before it finally shook off

every last vestige of subversiveness and became a vapid, music-less wasteland of reality TV. Featuring regular criticisms and exploitations of society, pop culture and Russian statesmen, "Daria" appeared to be destined to follow "Liquid Television" and "Sifl & Olly" into relative animated obscurity, with just a few clips available online.

"Daria" retained enough diehard fans to fight for a DVD release, though, and the main culprit for the almost-decade-long wait was simply the music.

All of the incidental music on the show, as it originally aired, **In Review** 

#### You Get What You Wait For



Even sans music.

the "Daria" boxed set is exactly what fans have been waiting
for patiently. The special features were obviously given careful thought. In addition to the
two movies, they include the
Mystik Spiral (Trent's grunge
band) music video for "Freakin'
Friends"; the bumps for MTV's
Top Ten Video Countdown featuring Daria and Jane; interviews
with the cast and crew; and the
brand-new release of a Mystik
Spiral spin-off script. A.L.W.

was taken from a huge number of popular songs, mostly '90s rock. A few notes of anything from White Town's "Your Woman" to Fiona Apple's "Criminal" could be heard playing over exterior shots, on car speakers and in the mall. And pop songs were sometimes instrumental in great visual gags — take Trent's observation that "This is like that R.E.M. video, except you can't read anyone's mind." Daria's mental response: "Thank God."

But on the DVD, everything's dubbed over. There's no "Everybody Hurts," just some generic mumbling rock song. The change in music is due, of course, to the huge amount of money it would have required to license the songs for DVD release. In the end, the cuts are worth the sacrifice. What we lose in ambiance and nostalgia, we gain in, well, getting the opportunity to have the entire series on DVD. AFTON LORRAINE WOODWARD



expressnightout.com ▶▶ Jack White's the Dead Weather improves on its debut with the down and dirty

# expressnightout.com lookout



On the Wing Duffy's Irish Pub is turning four years old tonight, and while we don't normally condone drinking around 4-year-olds, we'll make an exception here. Tall boys are \$2, pitchers are \$10, 20-ounce pints of Guinness and Kilkenny are \$4, and there will be free buffalo wings and T-shirts until the bar runs out. F.z. Duffy's Irish Pub, 2106 Vermont Ave. NW; 5 p.m.-10 p.m., free; 202-265-3413, Duffysdc.com. (U St.-Cardozo)

Musical Tension

We understand bands' impulse to just play a full album as a concert. After all, in this age of iTunes, nobody respects album construction anymore and it must be nice to force people to listen to your music the way you wanted it to be heard. Seminal British punk band the Buzzcocks will be playing not one but two full albums at the Black Cat tonight. F.z. Black Cat, 1811 14th St. NW; 8 p.m., \$20; 202-667-4490, Blackcatdc.

Family Ties

The stage version of "The Graduate"
— a film about a thoroughly reprehensible guy who hooks up with a married woman (Sheri S. Herren, left, plays Mrs. Robinson) and then her college-age daughter—
is at the Keegan Theatre this month. It should be enjoyable, even if the hero is a self-absorbed stalker type. F.z. Church Street Theater, 1742 Church St.

NW; through May 23; 703-892-0202, Keegantheatre.

com. (Dupont Circle)

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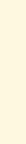
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# lookout entertainment

# Sultry Jazz Vocalist **Lena Horne Dies**

The 'Stormy Weather' singer defied racial boundaries early on

#### **Obituary**

Lena Horne, the jazz singer and actress known for her triumph over the bigotry that allowed her to entertain white audiences but not socialize with them, died Sunday at New York-Presbyterian Hospital. She was 92.

Horne, whose striking beauty and magnetic sex appeal often overshadowed her sultry voice, was remarkably candid about the underlying reason for her success.

"I was unique in that I was a kind of black that white people could accept," she once said. "It was never for what I contributed. It was because of the way I looked."

In the 1940s, she was one of the first black performers hired to sing with a major white band, the first to play the Copacabana and among a few with a Hollywood contract.

In 1943, MGM Studios loaned her to 20th Century Fox to play the role of Selina Rogers in the all-black movie musical "Stormy Weather." Her rendition of the title song became a major hit.

Horne was perpetually frustrated with racism. "I was always battling the system to try to get to be with my people. It was a damn fight everywhere I was."

She had married MGM music director Lennie Hayton, a white | VERENA DOBNIK (AP)



Eventually, Lena Horne made peace with the racial tensions that haunted her.

man, in Paris in 1947. An earlier marriage to Louis J. Jones had ended in divorce in 1944 after producing a daughter, Gail, and a son, Teddy.

Her father, her son and her husband Hayton all died in 1970 and 1971, and the grief-stricken singer refused to perform. One of her close friends, comedian Alan King, persuaded her to return to the stage, with results that surprised her.

"I looked out and saw a family of brothers and sisters," she said. "It was a long time, but when it came, I truly began to live."

#### Top DVDs



#### 1. Avatar

2. Crazy Heart 3. The Lovely Bones 4. Sherlock Holmes 5. The Blind Side 6. Alvin And The Chipmunks: The Squeakquel 7. The Young Victoria 8. The Twilight Saga: New Moon 9. The Princess and the Frog 10. 2012 SOURCE: NIELSEN SOUNDSCAN

# TV tonight lookout

#### **Best Bets**

FOX 9:00 Glee A sore throat has a serious impact on Rachel's singing voice, throwing her into a panic. Kurt tries to impress his father (guest star Mike O'Malley, right). Puck hatches a plan to elevate his social status in the new episode "Laryngitis."



CBS 10:00

The Good Wife Alicia has been in a season-long competition with Cary for a permanent position at the law firm. Tonight the winner is announced, and not to get all spoilery, but we're guessing the title role on the show might predict the outcome.





V Anna decides it may be best to leave after someone close to her (Laura Vandervoort as Lisa, bottom left) is the victim of a violent attack. Erica (Elizabeth Mitchell, top left) and the team look for a scientist who may have created a weapon that the Visitors fear in the new episode "Fruition."

BRAVO 10:00 9 by Design Bob works to raise money for son Wolfie's basketball team while Cortney raises money to help a child with leukemia. Things become more challenging when Cortney agrees to make over a client's office without finalizing the budget, (TRIBUNE MEDIA)



### **Sports-Pop Culture**

The "30 for 30" documentary "Straight Out of L.A." looks back at the 13 seasons the Raider NFL franchise spent in Los Angeles, a time that coincided with the rise of West

Coast "gangsta" rap. Seminal groups such as NWA cemented their association with the team and its swagger by wearing black-andsilver Raiders gear onstage and in music videos. Director and narrator Ice Cube recalls how the Raiders became the first Los Angeles sports franchise with a deep connection to the city's minority COMMUNITY. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

#### **Specials**



#### Autism Speaks

Heartbreak is too weak a word to describe a parent's reaction to a child's autism. The "Independent Lens" (10 p.m., PBS) presentation "Horse Boy" does as powerful a job as any film can in showing viewers the exhausting difficulty of coping with autism's bewildering pattern of social isolation and emotional tumult. к.м.

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#### COMMENTER VETERAN

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ly all cases, certainly. However, would you deny the child of a fallen soldier wearing a purple heart in memorial? Ultimately, making it a crime infringes on freedom of speech."

#### COMMENTER TIM

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"Look, we love Andy Rooney ... [but] Sunday's rant about current musical acts that have evaded [him] is the sort of rambling that even a slightly less senile version of himself would admit is a little much."

> - BESTWEEKEVER.TV WAS NOT SURPRISED TO HEAR THE "60 MINUTES" CORRESPONDENT SAY THAT HE'S NEVER HEARD OF LADY GAGA. JUSTIN BIFBER OR USHER.

#### "THE TRUTH IS OBAMA doesn't

like the digital era because we mere plebes are no longer slaves to the propaganda put out by his buddies in the MSM. People can now freely pull up old YouTube clips of his past contradictions, or they can search the campaign promises he has reneged on."

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roles lined up after this appearance."

"This hack is like in 'Fight Club' when they erased everyone's credit rating. Except that was brilliant, and this is pointless."

- TWITTER.COM/TOURE, A MUSIC AND CULTURE TELEVI-SION PERSONALITY. TWEETS ABOUT MONDAY'S TWITTER SECURITY BREACH, WHICH LEFT MANY USERS WITH ZERO FOLLOWERS FOR A SHORT PERIOD OF TIME.

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# puzzles lookout

#### Horoscope

TAURUS (April 20-May 20) You may feel as though circumstances are getting the better of you at this time, but there is light at the end of the tunnel.

GEMINI (May 21-June 20) A friend or co-worker presents an idea that you'll want to explore further, but be sure to give credit where credit is due.

CANCER (June 21-July 22) You're likely to find inspiration where you least expect it. Someone who has been a hard-liner relaxes his stance a bit.

LEO (July 23-Aug. 22) You can be creative in the same old way — or you can think outside the box and come up with something truly remarkable.

VIRGO (Aug. 23-Sept. 22) A mix-andmatch approach to your day can provide a good deal of pleasure, but it may strain your resources somewhat. Take precautions.

LIBRA (Sept. 23-Oct. 22) You're not likely to complete everything on the docket, so be sure to keep accurate records and plan accordingly.

SCORPIO (Oct. 23-Nov. 21) A recurring task you've been completing on your own for quite some time may be more complicated than usual. Don't be afraid to ask for help.

#### **SAGITTARIUS** (Nov. 22-Dec. 21)

You can prove to those who are in charge that you have been listening to what has been discussed, despite claims to the contrary.

CAPRICORN (Dec. 22-Jan. 19) A demonstration of what can be done, even under the most adverse circumstances, pays off in ways that you had not foreseen.

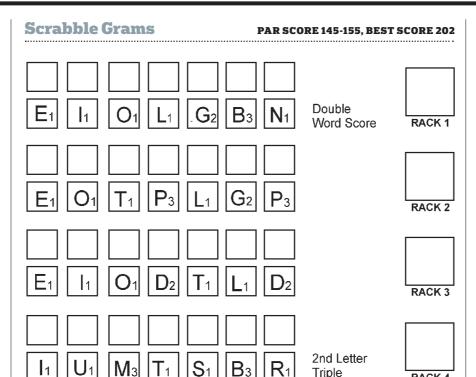
AQUARIUS (Jan. 20-Feb. 18) You'll be relieved to learn that the most unpleasant tasks need only be completed once. You can get it done quickly.

PISCES (Feb. 19-March 20) You may have the opportunity to enjoy more of what has been coming your way, but not everything is going to put a smile on your face.

ARIES (March 21-April 19) It's time to start chipping away at the backlog of work that has been building. A strong start is the key.

.....





#### **FOUR RACK TOTAL**

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

#### Sudoku

**MEDIUM** 

		6	5		1			
				4		2		5
1		2		7				8
	4	9			3			
6								3
			7			1	4	
9				5		8		6
9		3		8				
			9		4	5		

#### Yesterday's Solution

1	5	2	4	8	7	9	3	6
6	3	8	9	2	5	4	7	1
4	7	9	3	6	1	2	5	8
7	4	3	2	5	6	8	1	9
2	9	1	8	7	4	5	6	3
5	8	6	1	9	3	7	4	2
9	6	7	5	3	8	1	2	4
3	2	4	7	1	9	6	8	5
8	1	5	6	4	2	3	9	7

#### Need more Suldolku? Find another puzzle in the Comics section of

The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

#### **Comics**

PAR SCORE 150-160

Yesterday's Solution

U<sub>1</sub> P<sub>3</sub> W<sub>4</sub> E<sub>1</sub> L<sub>1</sub> L<sub>1</sub>

B<sub>3</sub> R<sub>1</sub> U<sub>1</sub> S<sub>1</sub> K<sub>5</sub> E<sub>1</sub> R<sub>1</sub>

F<sub>4</sub> R<sub>1</sub> E<sub>1</sub> E<sub>1</sub> D<sub>2</sub> O<sub>1</sub> M<sub>3</sub>

O<sub>1</sub> M<sub>3</sub> N<sub>1</sub> I<sub>1</sub> B<sub>3</sub> U<sub>1</sub> S<sub>1</sub>

RACK 3 = \_\_\_65

RACK 4 = 61 TOTAL 213

61

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RACK 4

#### POOCH CAFE I PAUL GILLIGAN



ALL RISE. RAT, THE HONORABLE

JUDGE OF THE UNIVERSE

IS NOW PRESIDING, WITH A

JUDGMENT ON THE MOST

PRESSING ISSUE OF OUR AGE

**PEARLS BEFORE SWINE | STEPHAN PASTIS** 

WHAT

NOW







#### Forecast



58 57

Today: Periods of rain today, mainly later. A thunderstorm tonight; fog late.



**76 50** 

Tomorrow: A thunderstorm tomorrow;

## morning fog. Clouds breaking tomorrow night.



**Looking Ahead** 





68 60 80 62 76 55

## **Sun and Moon**

Sunrise today: 6:00 a.m. Sunset today: 8:10 p.m. Moonrise today: 4:13 a.m. Moonset today: 6:04 p.m. Normal high: 74 Record high: 95 Normal low: 54 Record low: 35

**Almanac** 

FORECAST BY ACCUWEATHER.COM © 2009

I HEREBY DECREE THAT ANYONE GAINING THIRTY OR MORE POUNDS MUST- AND I MEAN MUST-





THAT'S THE MOST PRESSING ISSUE



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CISSP	Jun. 22
Oracle 11g Database Administration	Jun. 22
Information Technology Foundations	Jun. 23
(A+/Network+/MCP/CCNA/Security+)	
Network+	Jun. 26
Advanced Web Developer with ASP.Net	Jul. 10
Sun Certified Java Programmer	Jul. 13
Web Design and Developer	Jul. 17
Certified VOIP Professional	Jul. 19
Certified Ethical Hacker	Jul. 24
Microsoft Sharepoint 2010	Jul. 24
and more	

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> For more details, call 301-496-7500







#### **Drive you.**

"Cars" can put you in the right wheels. Wednesdays.



# lookout puzzles

1/

17

20

23

28

42

49

61

64

36 37

#### Crossword

#### **ARE YOU BEING SERVED?**

25

35

52

60

63

66

16

19

12

26

47

#### **ACROSS**

- 1 Apparel
- 5 Hooked on
- 9 Angry exhibition
- 14 Like some medicines
- 15 "Just the facts" follower
- 16 "Full steam \_\_\_\_!"
- 17 "Puss in Boots" villain
- 18 Locks in a lion cage?
- 19 Slow tempo
- 20 Charades, e.g.
- 23 Abate
- 24 Arctic parkas
- 28 Winter hrs. in Florida
- 29 Time in office
- 32 \_\_\_ of (rather than)
- 33 Fads, essentially
- 35 White-tailed flier
- 36 Director's admonition
- 40 Throws a shot
- 41 Meddlesome people
- 42 They're fit for a princess
- 45 Handheld holers
- 46 Maui memento
- 49 Furthest orbital points
- 51 Extremely serious
- 53 Soul mates
- 56 Boy Scout group
- 59 At a standstill
- 60 Which train to take, in song
- 61 Opposite of mild, in cheeses
- 62 Stand on hind legs
- 63 Old Chinese money
- \_\_ Novo (Benin's capital)
- 65 "All's Well That \_\_\_ Well"
- 66 Word suggesting options

#### DOWN

- 1 Popular search engine
- 2 Debates
- 3 Closest to extinction

- 4 "God \_\_\_\_ America"
- 5 About to happen
- 6 Indian bread
- 7 Citrus-flavored drink mix
- 8 Greek alphabet ender
- 9 Chinook or coho
- 10 Depressing
- 11 Bard's nightfall
- 12 Turner of a page in
- history? 13 Former name for Tokyo
- 21 Biological bristles
- 22 Young Darth Vader's
- nickname 25 "Billion" extension
- 26 Superman's surname
- 27 Take court action
- 30 Brave and Tinto
- 31 Exodus miracle food

- 33 Present wrongly, as facts
- 34 Use the overhead
- compartment

15

18

30

41

50

59

62

65

54 55

34

38

29

33

53

- 36 Bit of repartee
- 37 2002 Winter Games
- settina
- 38 Where to find .45s?
- 39 Type of salts
- 40 School open-house
- organizer 43 Syrian city with a
- famous citadel 44 What to call a knight
- 46 Deadly
- 47 Game show hosts
- 48 Doctor's directive
- 50 Engulfed in flames 52 Cafe pick-me-up

- 54 Place mentioned in Genesis 55 Decent, so to speak
  - 56 1/192 at.
  - 57 Density symbol, in physics
  - 58 Boat propeller?

#### Yesterday's Solution

¹ B	² o	³ N	⁴E	⁵ S		۴U	<sup>7</sup> N	° D	°o		¹⁰B	"R	<sup>12</sup> A	13 E
14A	Р	1	Α	N		15 G	0	Α	L		16R	0	D	S
17 M	Е	N	s	А		18L	0	R	D		<sup>19</sup> 0	т	1	s
	2°C	А	т	С	<sup>25</sup> H	ī	N	Т	н	<sup>22</sup> E	А	С	Т	
			23 S	к	-1			24 S	А	N	D			
25 G	<sup>26</sup> A	<sup>27</sup> B		28 S	N	<sup>29</sup> A	30 P		<sup>31</sup> T	А	L	32 C	33 U	34 M
35 <sub>O</sub>	R	Α	36 L		37 <sub>D</sub>	U	Е	38 <sub>T</sub>		"c	0	Α	Т	Т
40 <sub>T</sub>	Н	R	0	"w	-1	N	Т	Н	<sup>42</sup> E	Т	0	W	Е	L
43 <sub>T</sub>	Α	R	s	ı		<sup>44</sup> T	Е	Е	D		45 M	Е	R	Е
46 A	т	Е	Α	s	47E		<sup>48</sup> R	E	ī	49 <sub>N</sub>		50D	-1	s
			<sup>51</sup> L	Е	т	<sup>52</sup> S			53 <sub>T</sub>	Е	54 A			
	<sup>55</sup> F	56 L	Α	s	н	-	57 N	58 T	н	Е	Р	<sup>59</sup> A	60 N	
<sup>61</sup> P	R	ī	М		62 	D	Е	Α		63 <sub>D</sub>	R	1	Ε	<sup>64</sup> D
65 E	U	R	0		°°C	L	Α	Р		67 L	0	N	Е	R
88 A	G	Е	s		<sup>69</sup> S	Е	R	Е		<sup>70</sup> E	N	Т	R	Υ

#### Today in History

development of a tubeless tire.

1947 Akron, Ohio, announces the

The Deep Blue IBIN COIN-The Deep Blue IBM comto defeat the world chess champion, Garry Kasparov, in New York.

With the birth of a baby girl named Astha, India's population officially hits 1 billion.

### **EXPRESS** CAC

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# people lookout



#### PROPOSALS

#### Awkward Silence Was Proper Response

Bobby Brown proposed to his girlfriend, Alicia Etheridge, on Friday at the annual Funk Fest in Jacksonville, Fla., Usmagazine.com reported. Brown dropped to one knee after Etheridge and their 11-monthold son joined him onstage. She said yes, and the crowd went wild. Brown recently appeared on "Celebrity Fit Club." (EXPRESS)

#### **JOURNALISM**

#### Former Heart Valve to Make Weepy Appearance in Soft-Focus Interview

Barbara Walters said she's undergoing surgery this week to replace a faulty heart valve and will take the summer off from "The View" to recuperate. Walters said she's known about her condition for a while, and decided with her doctors that this is the best time to have the surgery. "Since the summer is coming up," she said, "I can take a nice vacation." (AP)

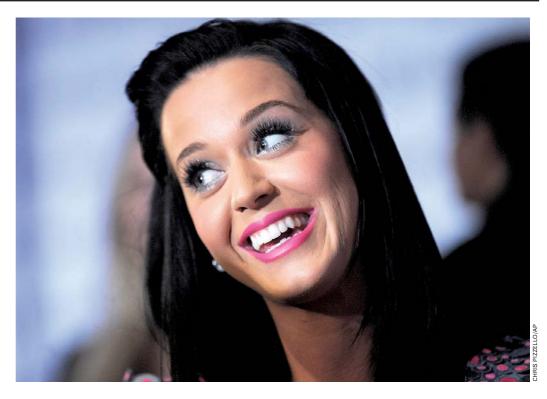


#### **OSTRICHES**

# And, Apropos of Absolutely Nothing ...

Jake Gyllenhaal admitted his phobia of ostriches at Sunday's London premiere of "Prince of Persia: Sands of Time," People.com reported. He says he was told that the birds, which appear in the film, can "tear out your eyes" and "rip out your heart." "They look like they're innocent, but they're really not," he added. Co-star Gemma Arterton affirmed that Gyllenhaal "was really scared. ... It's not acting. It's real." (EXPRESS)





**EPHEMERAL** 

## Who's Megan Fox?

Maxim has declared Katy Perry 2010's hottest woman. She's "a triple — no, quadruple — kind of hot," editor in chief Joe Levy told Usmagazine.com. "It's that feeling you get when you suddenly realize that the smartest, funniest, coolest girl you know also happens to be the best-looking and a pretty good skateboarder, too. All of sudden, your crush goes supernova, and this is Katy's supernova moment," he gushed. Model Brooklyn Decker was runner-up, and 2009's hottest woman, Megan Fox, clocked in at fifth. (EXPRESS)



"dont get him presents and dont vye for him, dont overtext( im very guilty of that one i think its a letter and its NOT they hate it) allofem"

— **COURTNEY LOVE** OFFERS DAUGHTER FRANCIS BEAN COBAIN ADVICE ON LANDING A BOYFRIEND IN A MARATHON OF SEMI-COHERENT, POORLY PUNCTUATED MOTHER'S DAY TWEETS.





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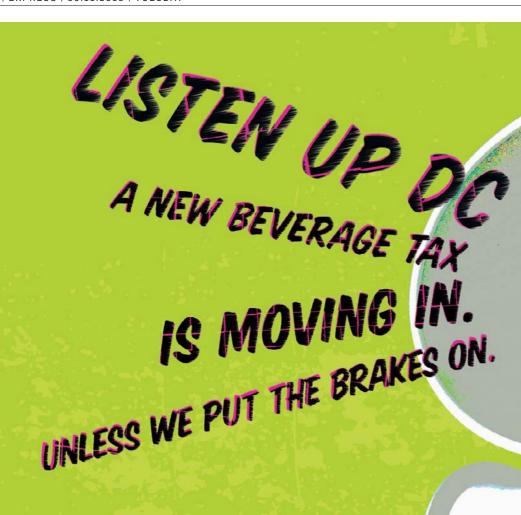
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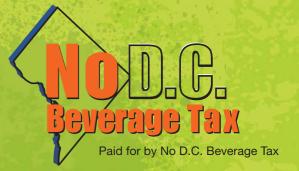


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